

FOREVER

Active

Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

Forever Active Summer Taster Sessions

FitSticks

Mondays 2.30-3.30pm

3rd, 10th, 17th and 24th July

A walking stick is usually seen solely as a basic mobility aid to support, steady or help with confidence but Ollie will prove how it can become a trusted friend through this unique opportunity.

Milton Community Centre, Coles Road, Milton, Cambridge CB24 6BL

£4.00 per session To book a place, please contact Jane Jones, Development Officer for Forever Active on jane.jones@forever-active.org.uk or call Ollie Batts for more information on 07709814422 (the class may continue after July if there is enough interest)

You Can Bike Too

Wednesdays 11.00am—12.00pm

5th, 12th, 19th and 26th July

An award winning, all ability cycling project delivered at Milton Country Park. There are a wide range of bikes to suit individuals or groups of friends to cycle together. There are different bikes to suit all abilities and sessions are run by trained instructors (helmets are provided).

Milton Country Park, Cambridge Road, Milton, Cambridge CB24 6AZ

£4 per session (booking essential) For more information or to book a place, please contact Jane Jones, Development Officer for Forever Active on jane.jones@forever-active.org.uk or call Jane on 07887760426.

Paddleboarding

Thursdays 3.00pm—4.00pm

6th, 13th, 20th and 27th July

Stand up Paddle boarding is a fun way to exercise outdoors, incorporating balance, strength and flexibility. If you are not sure what Paddleboarding is all about, book a session and give it a go.....

Milton Country Park, Cambridge Road, Milton, Cambridge CB24 6AZ

£10 per session (booking essential) For more information or to book a place, please contact Jane Jones, Development Officer for Forever Active on jane.jones@forever-active.org.uk or call Jane on 07887760426.

www.forever-active.org.uk

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