

FOREVER

Active

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

Walking Netball

Walking Netball is played at a slower pace with no running or jumping. It can be enjoyed as part of a fun and social exercise session. Your first session is FREE so you have nothing to lose by coming a long and giving it a go.

Mondays at 2.00 – 3.00pm

Milton Community Centre (outdoor netball courts)

Coles Road, Milton, Cambridge CB24 6BL

First Class Free Cost £4.00 per session per person for members (£5.00 non-members)

For further information contact Carolyn tel: 07578338086

In conjunction with



www.forever-active.org.uk

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