

WALKING FOOTBALL

Starting from 6th January 2023 Sobell Leisure Centre is hosting walking football on Fridays from 5-6pm for people aged 50+. Walking football is a slowed down version of the game, ideal for people who want to get fit or maintain an active lifestyle.

Sessions will be delivered by a coach from Arsenal Football Club. All abilities are welcome.

For more information, please contact Mikael.Kiviniemi@gll.org

Booking is available via the **Better UK app**, alternatively speak to a member of staff at **reception**.

