## 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**.







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