

FUN FITNESS FRIENDS

Get together with the Girls!

Ealing 'Us Girls' Project

BLOCK 3:
SEPT – DEC 2012

ACTON & WEST EALING Sessions

FEMALE ONLY
16-25 year olds



'Us Girls' is a ground breaking initiative to get young women from disadvantaged areas more actively providing them with fitness and sport opportunities within their local communities.

Street Dance: Tuesdays 7:30-8:30pm @ Oaktree Community Centre, W3 8SJ
£2 per session (please note this session will not run on 30th October 2012)

Zumba: Tuesdays 5-6pm @ Westside Youth Club, W13 9NF (starts 18th Sept 2012)
FREE of charge

Street Dance: Saturdays 12-1pm @ Westside Youth Club, W13 9NF (starts 22nd Sept 2012)
FREE of charge

For further information, please contact : **Christie Moloney @ Active Ealing**
E: Moloneych@ealing.gov.uk / T: 020 8825 6675

www.usgirls.org.uk

