

FUN FITNESS FRIENDS

Get together with the Girls!

Ealing 'Us Girls' Project

BLOCK 3:
SEPT – DEC 2012

**GREENFORD
Sessions @
Greenford
Sports Centre
UB1 2NP**

FEMALE ONLY
16-25 year olds



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

Why not get together with the girls at the following sessions...

Women's Fitness Hour - Mondays 7-8pm

£2 per session

(please note that this session is led by a male instructor)

Zumba – Saturday's 11am-12pm (starts 22nd Sept 2012)

£2 per session

For further information, please contact : **Christie Moloney @ Active Ealing**

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www.usgirls.org.uk

