

GET GOING TOGETHER SESSIONS

Come along for these sessions to try something different and meet new people.

These sessions are open to all adults of all abilities, sessions range throughout the year, offering indoor as well as outdoor activities.

What is on offer?

Cycling, fitness sessions, indoor bowls, walking groups

Who is it for?

Suitable for all adults of all abilities (carers welcome)

When?

Wednesday's 12.00pm – 15.00pm

Where?

Shrewsbury Sports Village, Sundorne Rd
Shrewsbury, SY1 4RQ

Cost? Great value at £4 per person.

To book your place or for more

Information please call: 0345 000 7002

+ New refurbished gym

+ Café onsite

+ Adapted and various
bikes and tricycles

+ Traffic free cycle track

+ 6 lane indoor bowls
hall

+ Ample free parking

+ Accessible toilets and
changing areas

GET GOING TOGETHER SESSIONS

Come along for these sessions to try something different and meet new people.

These sessions are open to all adults of all abilities, sessions range throughout the year, offering indoor as well as outdoor activities.

What is on offer?

Cycling, fitness sessions, indoor bowls, walking groups

Who is it for?

Suitable for all adults of all abilities (carers welcome)

When?

Wednesday's 12.00pm – 15.00pm

Where?

Shrewsbury Sports Village, Sundorne Rd
Shrewsbury, SY1 4RQ

Cost? Great value at £4 per person.

To book your place or for more

Information please call: 0345 000 7002

+ New refurbished gym

+ Café onsite

+ Adapted and various
bikes and tricycles

+ Traffic free cycle track

+ 6 lane indoor bowls
hall

+ Ample free parking

+ Accessible toilets and
changing areas

