



THE CODDENHAM CENTRE

'INTRODUCING' GET FIT(TER) NOW!

Try our FREE SUMMER TASTER Sessions

Tuesday 18th August 2.30pm - 5pm

Introduction to our NEW afternoon **Carpet Bowls Club** sponsored by Fit Villages.

Friday 21st August 2pm - 5pm

Introduction to **Outdoor Bowls** or just come and have a game with our local Bowls Club, 'The Waterboyz'.

Saturday 22nd August 12pm

Introduction to our **FREE Outdoor Gym**. Learn to make the most of this fantastic community facility, its safe use and useful routines.

Saturday 5th September 10am -11am

Nordic Walking Taster. Another introduction to walking that gently exercises 90% of your body. A preamble to the new courses to be announced. Equipment provided.

Friday 18th September 11.30am

Introduction to our **FREE Outdoor Gym**. Another opportunity to learn how to make the most of this fantastic community facility, its safe use and some useful routines.

Also go to www.thecoddenhamcentre.co.uk for details of our new **Pilates and Yoga** sessions, plus our **Badminton, Tennis plus Ballroom and Modern dance lessons**. Or just watch our local Football Club. Check out www.coddenhamathletic.co.uk for forthcoming fixtures.

Please help us stay **COVIDSAFE** by observing all current regulations and familiarising yourself with government guidance.

Centre **BOOKING** essential.

THE CODDENHAM CENTRE

A CENTRE FOR RECREATION, CELEBRATION, LEARNING, SPORT & ENJOYMENT - ACCESSIBLE TO ALL

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