

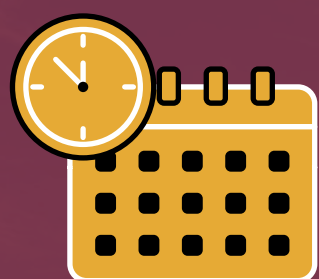


Cynllun
Hamdden Actif
60+
Active Leisure
Scheme

Over 50's Footy

Launches 10th March

£3 per session



Every Friday, 15:00 - 16:30.



Archers Arena, Cyncoed Campus

**We don't stop playing because we grow old,
we grow old because
we stop playing!**



**Book your
space now**



SCAN ME


MetCaerdydd
CardiffMet
CHWARAEON | SPORT

Healthy for Life

Launches 6th March

£3 per session

Timetable

 **09:30 - 10:30.**

Tuesday's: Box-exercise.

Thursday's: Falls Reduction .

Friday's: Functional Fitness.



**Met Active,
Cyncoed Campus**



**Book Via the
Cardiff Met Sport
app**

