



BEDFORD
BOROUGH COUNCIL

SHE WANTS TO SHE CAN DO!

A Weekend
of Activities
for Women
and Girls!



26TH TO 28TH APRIL 2019

Women only sessions
All sessions free

• No need to prebook
• FREE Fusion Lifestyle Rewards Card



SHE WANTS TO, SHE CAN DO!

**A sports & activity programme
for women by women!**

WOMEN & GIRLS WEEKEND

FRIDAY 26TH APRIL	VENUE	AIMED AT	TIME
Gentle Stretch	Bedford Central Library, 3rd floor	Ladies 16+ (Secure ladies only session)	13:00-14:00
Family Fun Friday	Bedford International Athletics Stadium	Families (Children aged 3years - 12years)	18:00-19:30
SATURDAY 27TH APRIL			
Walking Netball	John Bunyan Sports & Fitness	Ladies 18+	12:00pm - 12:45 Come & try Walking Netball 12:45-14:00 Mini Fun Walking Netball Tournament
Cheer Leading	John Bunyan Sports & Fitness Studio 1	Girls 12years+	13:00-14:30
Steppin-time	John Bunyan Sports & Fitness Studio 2	Ladies 18+	14:00-15:00 Steppin-Time is a fun, dance based class, which helps with balance & co-ordination
Spin Class	John Bunyan Sports & Fitness	Ladies 16yrs+	11:00-12:00
Yoga	John Bunyan Sports & Fitness	Ladies 16yrs+	15:00-16:00
SUNDAY 28TH APRIL			
Walking Football	Bedford Park	Ladies	10:00-12:00 Meet near tennis courts
Tug of War	Bedford Park (meet near Tennis courts)	Ladies 16yrs+	10:00-13:00
Social Tennis	Bedford Park, Tennis Courts	Ladies 16yrs+	11:00-12:00
Get Fit in the Park	Bedford Park (near Tennis courts)	Ladies & young people 12yrs +	11:00-11:20 - Playing games to keep fit - a fun session, where you won't even notice you're working hard. 11:30-11:50 - Endurance circuit for an all body work-out 12:00-12:20 - Working out in a pair to strengthen the core, upper and lower body. 12:30-12:50 - Circuit using kit for an all body work-out

Nothing is impossible,
the word itself says
"I'M POSSIBLE"!

- All sessions are FREE!
- All sessions are based on a first come first served basis.
- Some sessions have limited numbers - we advise you get there early!
- When attending the session you will be asked to fill out a Rewards Card application form. If you already have a Fusion Rewards Card please bring this with you.



"Always know how valuable & uniquely beautiful you are"



"Here's to **STRONG** WOMEN: May we **KNOW** them;
May we **BE** them; May we **RAISE** them"



Exit routes will be given at the end of every session. Please be aware that some of these exit routes will not be women only sessions and will vary in cost.

For more information about the sessions and other local opportunities to take part in sport please visit:

 **www.bedford.gov.uk/sport**

