

HEALTHY LIFESTYLES GLOUCESTERSHIRE &
GLOUCESTERSHIRE CRICKET FOUNDATION PRESENTS

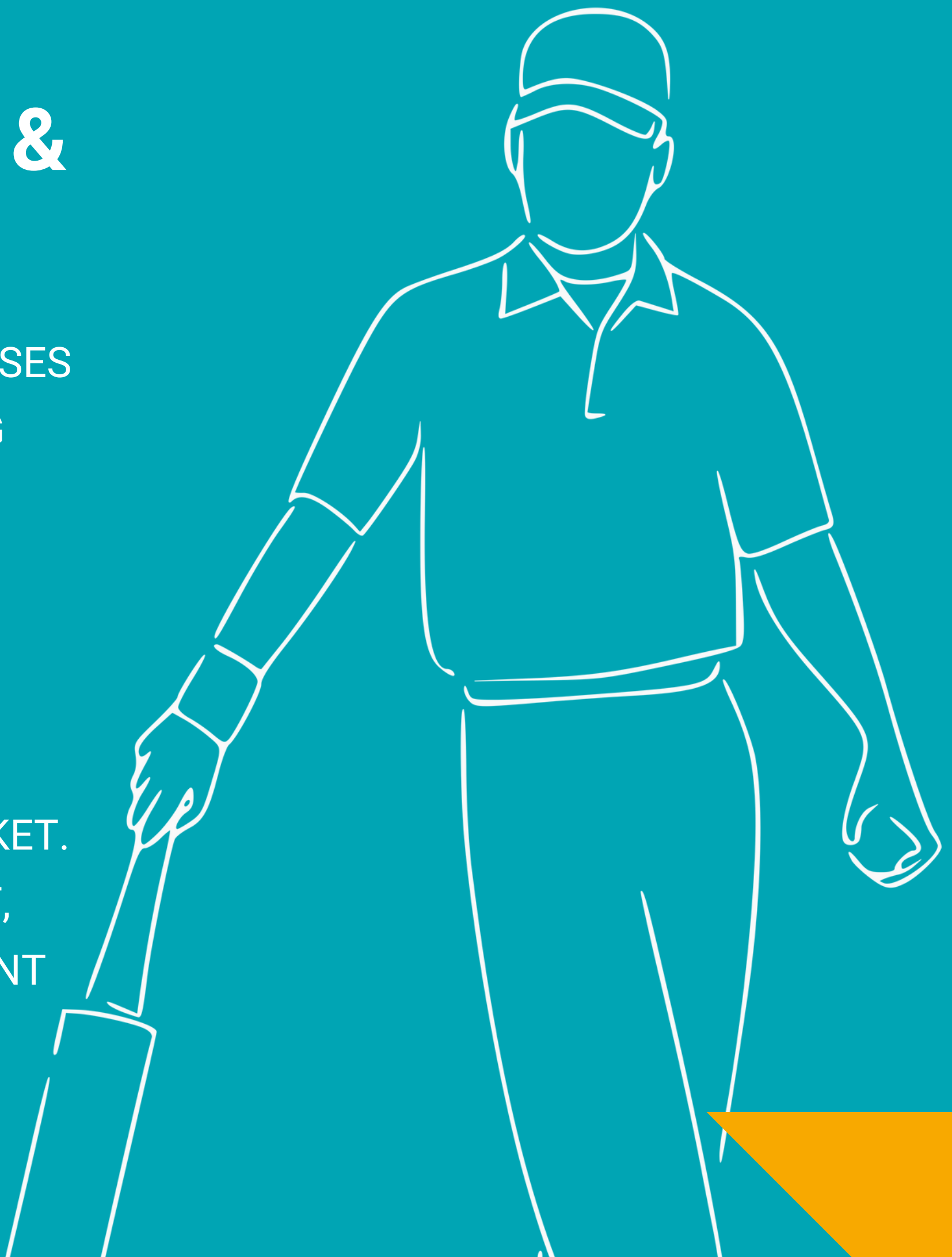
FIT FOR THE OVERS

FREE 50+ MEN'S ONLY WALKING CRICKET & HEALTH GROUP

14 WEEKS FROM 31/07/2025
11:30AM TO 1:30PM

THE FIRST PART OF THE SESSION FOCUSES
ON BUILDING KNOWLEDGE & CREATING
NEW HEALTHY HABITS TO MAKE
SUSTAINABLE IMPROVEMENTS TO
YOUR HEALTH.

THE SECOND PART OF THE SESSION
CONSISTS OF PLAYING WALKING CRICKET.
A SLOWER-PACED VERSION OF CRICKET,
USING A SOFT BALL, LIGHTER EQUIPMENT
& PLAYED INDOORS,
IT'S LOW-IMPACT AND SUITABLE FOR
ALL ABILITIES - INCLUDING BEGINNERS.



**Healthy
lifestyles**
Gloucestershire


Gloucestershire
Cricket Foundation

 **freedomleisure**
where you matter

 **abl**
powered by

14 WEEKS OF SESSIONS
TO BOOK A SPACE,
CALL 0800 755 5533

CIRENCESTER LEISURE CENTRE -
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CIRENCESTER GL7 1US