

ACTIVE THROUGH FOOTBALL

GETTING S014 ACTIVE

FREE TO ATTEND,
OPEN ACCESS SESSIONS!



Seated Exercise
Sessions (Ages 18+)



St Mary's Church,
Chapel Road,
Southampton SO14 1AQ



Thursday



10.30am - 11.30am



SCAN HERE
TO FIND OUT MORE

Find out more at:

 07388 949398

 dwarnes@saintsfoundation.co.uk

 southamptonfc.com/saints-foundation