

# Active 4 Life

Are you struggling with housing or money problems and looking for support to improve your health and wellbeing?

Join our friendly project with qualified sports coaches to help you get active



FREE

FOOTBALL, FITNESS CLASSES

CRICKET, GARDENING AND MORE!

0208 586 7070

[sports@bonnydowns.org](mailto:sports@bonnydowns.org)

[www.bonnydowns.org/sports](http://www.bonnydowns.org/sports)

*No referral needed. Just turn up and get Active 4 Life with us!*

ACTIVITY	DAY	TIME	VENUE	START DATE
Cricket Skills	Monday	11am – 12pm	Bobby Moore Pavilion	10 <sup>th</sup> May
Walking Football	Tuesday Saturday	10am – 11am	Bobby Moore Pavilion	27 <sup>th</sup> March
Outdoor Fitness Class	Tuesday	2pm – 3pm	Anchor House	11 <sup>th</sup> May
Outdoor Gym	Wednesday	11am – 12pm	Bobby Moore Pavilion	12 <sup>th</sup> May
Cricket	Wednesday	1.30pm – 2.30pm	Bobby Moore Pavilion	28 <sup>th</sup> April
Women's and Non-Binary Open Football Training	Wednesday	6.30pm – 8.30pm	Bobby Moore Pavilion	1 <sup>st</sup> April
NEWlife gardening group	Thursday	9.30am – 2pm	Bobby Moore Pavilion	15 <sup>th</sup> April
Football Skills and Training	Thursday	1pm – 2pm	Bobby Moore Pavilion	8 <sup>th</sup> April
Couch 2 5K	Friday	10am – 11am	Bobby Moore Pavilion	30 <sup>th</sup> April
Walk and Talk	Friday	10am – 11am	Bobby Moore Pavilion	30 <sup>th</sup> April
Gym and Swim	Friday	12.30pm – 3.30m	Bobby Moore Pavilion	TBC

**Bobby Moore Pavilion**  
118 Napier  
Road East Ham  
E6 2SG



Active 4 Life is a new  
partnership project  
brought to you by



Bonny Downs Community Association is a registered charity (number 1071625). We are also a registered company limited by guarantee (number 3625785). Our registered office is located at The Well Community Centre, 49 Vicarage Lane, East Ham, London E6 6DQ.