



BERKOASTRO

The Paul Beard Centre at Ashlyns School



Berkhamsted Raiders CFC

Circuit Training

Fitness training with a warm up, followed by Circuit training to work the whole body.

7pm – 8pm

£4 per session

Starts Tuesday 4th June

Walking Football

If you can no longer manager a full game, are recovering from injury, or just want to improve your fitness and ball skills, then this is for you.

Walking Football is, as the name suggests, a slower version of the beautiful game.

Each sessions consits of basic fitness and skills, followed by a short game.

8pm – 9pm

£4 per session

Starts Tuesday 7th May

For more information please contact Carol Preedy at

book@berkoastro.co.uk