

***Come and join our FREE  
Gym & Spin sessions***

***Monday 30<sup>th</sup> Oct, 6<sup>th</sup> & 13<sup>th</sup> Nov  
3-4pm @ Falkirk Stadium  
(side door to right of stadium)***



Fun, fully inclusive indoor gym and cycling session to build fitness and make new friends.

Refreshments and chit chat afterwards!

**TO BOOK** or for more information please contact Eva at  
[goga@fvds.org.uk](mailto:goga@fvds.org.uk) or 01786 466486