



#ThisGirlCanCroydon

The “This Girl Can” campaign is coming to Croydon. To launch the project, taster activities will be held on Thursday 12th March.

All you need is loose clothing, trainers (or shoes for Tango) and a sense of fun!

Come along and try new activities!

12-1pm: Silver Fit

Discover activities and exercise you can enjoy. Happier, healthier ageing through Silver Fit

1-2pm: Tango Fitness Time

Explore Argentine Tango. No partners or previous experience needed

4-5pm: Female Fightbox Academy

Come and try the Fightbox academy warmup, skipping, padwork and battle robe activities

5-6pm: Fun with Indian dance Aja Nachale

Come and discover your inner power and joy of movement through exploring Indian music



Where:

Fairfields Hall Foyer
Park Ln, London
CR9 1DG

When:

Thursday 12th March
12-6pm

For more information contact:

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