

# Stretch and Fitness (Women 16+)

Provided / Operated by:

**FURD : Football Unites, Racism Divides – Wider Opps**

Open to all women (16+). A great way to get fit, meet people and practise your English!

**📍 Course Address:**

U-Mix  
U-Mix  
17 Asline Road  
Sheffield  
S2 4UJ

**📅 Days & Dates:**

Monday: 1.30pm – 2.30pm

**💷 Costs:**

Free

**📞 Contact Details:**

**Phone:** 01142587787

**Email:** belonginghub@furd

**♿ Accessible:**

Yes

**👶 Childcare:**

No

**👶 Children allowed:**

No

