



Monday 7:30pm – 8:30pm

£2.00 Club Members

£3.00 Non-Members

# Love Walking?

# Love Rugby?

## THEN WALKING RUGBY IS FOR YOU!



✓ For Men & Ladies ✓ Over 50's & Youngsters too!  
✓ Non-Competitive ✓ Go on, give it a try!

Whether you're returning to rugby or it's your first time, walking rugby is a great way to get some gentle exercise and get a little bit fitter! It's fun, a great way to make new friends and there's always time for a rest and a chat!

Please contact us at [rugby@harlowrugby.club](mailto:rugby@harlowrugby.club) or just turn up on the night. You will be made to feel welcome!

Latton Park, Howard Way, Harlow, Essex CM20 3FD  
[www.harlowrugby.club](http://www.harlowrugby.club)