

# WHAT'S ON?



**WELCOME TO YOUR COMMUNITY HUB FOR ACTIVITIES,  
STRENGTH, NATURE AND CONNECTION.**

We have fantastic activities running every day of the week.  
All are welcome, and we would love for you to join us!

**For More information contact: [Community@fc-utd.uk](mailto:Community@fc-utd.uk)**

**BROADHURST PARK IS ON YOUR DOORSTEP.**

**BROADHURST PARK, 310 LIGHTBOWNE ROAD, MOSTON, M40 0FJ**

**0161 769 2005**

**[WWW.FC-UTD.CO.UK](http://WWW.FC-UTD.CO.UK)**

# MONDAY

## **Gentle Gym Circuits – Seated (10–11am, £2)**

Low-impact circuit session designed to gently improve strength and mobility in a welcoming and friendly environment.

Contact Kathy (Morisso Health) – 07504831651

## **Sands United FC (8–9pm, FREE)**

A supportive football team made up of men who've been affected by the death of a baby, providing a space to come together, talk, and play.

Contact Daniel Whitehouse –  
sandsunitedmanchester@gmail.com

# TUESDAY

## **Community Gardening (10am–12pm, FREE)**

Hands-on gardening activities that change each week. No experience needed – just come along!

## **Walk Well Group (1–2pm, FREE)**

Gentle walking group for all ages and abilities. Great for fitness and friendly chat. Just come along!

## **Gentle Cardio (2.30–3.30pm, £2)**

Low intensity cardio session focused on improving heart health, stamina and movement

Contact Kathy (Morisso Health) – 07504831651

## **Women's Strength (5.30–6.30pm, £3)**

A friendly and supportive session designed for women of all abilities. Just come along to the Community Gym!

# WEDNESDAY

## **Strength & Stretch (1.30–2.30pm, £2)**

Gentle stretching and strength work to improve flexibility, mobility, and posture – perfect for all levels.

Contact Kathy (Morisso Health) – 07504831651

## **Female Youth United (4–5pm, FREE)**

Free football and gym activities for females aged 10–16, with qualified coaches — fun, friendly, and active! No booking needed, just turn up!

# THURSDAY

## **Youth United (4–5pm, FREE)**

Free football and gym activities for 10–14 year olds, with qualified coaches — fun, friendly, and active!

Book via our website

## **Wildcats Sessions (5–6pm, £2.50)**

Introductory football sessions for girls aged 5–11. Fun and enjoyable session for all abilities.

Book via our website

## **Women's Strength (5–6pm, £3)**

A friendly and supportive session designed for women of all abilities. Just come along to the Community Gym!

Contact Kathy (Morisso Health) – 07504831651

# FRIDAY

## **Disability Football (10am–11pm, £3)**

Young SEND adults aged 16–21, football sessions for mixed abilities.

## **Gentle Cardio (11am–12pm, £2)**

Low intensity cardio session focused on improving heart health, stamina and movement

Contact Kathy (Morisso Health) – 07504831651

## **Sporting Memories (1.30–3.30pm, £1 donation)**

Reminisce about sport, make friends, and share stories in a relaxed, social space.

Contact Desmond Gallagher – 0161 769 2005 /  
desmond.gallagher@fc-utd.uk

# SUNDAY

## **Women's strength (9am–10am, £3)**

A friendly and supportive session designed for women of all abilities. Just come along to the Community Gym!

Contact Kathy (Morisso Health) – 07504831651