GEDLING INDOOR BOWLS CLUB

A Sport for Everybody

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Bowls is more than a relaxing game — it's a full-body activity with real physical, mental, and social benefits, suitable for all levels of fitness. Whether you're eight or eighty, new or experienced, bowls is a gentle, accessible way to stay active, meet people, and boost your wellbeing.

BOOK A ONE-HOUR FREE TASTER SESSION NOW

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