

Park Fit



Our weekly fitness sessions in **Fairlands Valley Park**

Every Saturday

From **12 noon**

Meet at the old bandstand (two white pillars other side of the big lake from the café)

Each week will focus on one of the elements of fitness above to develop all-round health, using a mixture of park furniture, body weight, bands, balls, and more.

Suitable for all ages and fitness levels

FREE

Personalised fitness programmes also available

If you would like to register for these sessions, please contact Chris on 07522057743 or chris.oak1960@gmail.com for an initial chat and to register your details