

# ACTIVE PARKS

**Spring back into action!**

**No membership, no induction, no hassle.**

**Just turn up, pay and join in, suitable for beginners and intermediate.**

## ACTIVE FITNESS



Outdoor fitness sessions for beginners and intermediates. Suitable for those that want to get fit, lose weight or just exercise in the parks. All sessions last approx. 45mins and are for adults and children over 14.

Please note all under 16s must be accompanied by an adult.

● Optional indoor venue

Venue	Day	Time	Meeting Point
Ashton Playing Fields (Ray Park from April)	Tuesday	6.30pm	Astro Turf past 2nd Car Park
Fairlop Waters	Wednesday	10am	Rowing Club Boathouse ●
Cricklefields Stadium (South Park from April)	Thursday	6.30pm	Gates on Green Lane
Fairlop Waters	Saturday	8.30am	Rowing Club Boathouse ●
Valentines Park	Sunday	9.30am	Outdoor Gym
Clayhall Park	Sunday	11am	Outdoor Gym
Christchurch Green, Wanstead <b>NEW</b>	TBC		To register your interest call Darren 07932 636114 or email activeparks@visionrcl.org.uk
Barkingside Rec <b>NEW</b>	TBC		

## NORDIC WALKING



Venue	Day	Time
Fairlop Waters Outside Club House bar ●	Wednesdays	11am Intermediate 1pm Beginners
	Saturdays	12.30pm (all levels)
Hainault Forest Country Park Car park adjacent to Global Café	Saturdays	10am (all levels)

Nordic Walking is the fastest growing fitness activity in the world. It enhances ordinary walking through the use of poles which propel the walker along exercising the upper body muscles as well as the legs.

## PRICES FOR ALL SESSIONS

£5 per session pay as you go or £40 for a 10-session card (saving £10). You can attend a session at any of our venues and your card should be used within 12 months of purchase. To find out more visit [www.redbridge.gov.uk/parks](http://www.redbridge.gov.uk/parks) or call 020 8708 0950 [activeparks@visionrcl.org.uk](mailto:activeparks@visionrcl.org.uk)

Please follow us on social media for updates on any late cancellations due to weather. [@activeparks](https://twitter.com/activeparks) [ActiveParksRedbridge](https://www.facebook.com/ActiveParksRedbridge)

### Active Parks Active Fairlop

**FIRST FITNESS SESSION  
FREE WITH THIS ADVERT\***

Original copies only accepted, no photocopies.

\*Includes Active Fitness, Nordic Walking, Yoga, Row Fitness & Buggy Fitness

DOMORESPRING17

## HAVE YOUR SAY

Can't find anything in our programme that suits your needs? Get a group of 4-5 people together and we can try to tailor one of our activities on a day and time to suit you.

Please email [activeparks@visionrcl.org.uk](mailto:activeparks@visionrcl.org.uk)

#DOMOREspring17