

ACTIVE PARKS

Don't get stuck in the gym - enjoy the great outdoors this spring!

No membership, no induction, no hassle.
Just turn up, pay and join in, suitable for beginners and intermediate.

ACTIVE FITNESS*

Venue	Day	Time	Meeting Point
Fairlop Waters	Wednesday	10am	Rowing Club Boathouse (optional indoor venue)
Christchurch Green	Friday	7pm	Call Dean to confirm 07447 931788
Fairlop Waters	Saturday	8.30am	Rowing Club Boathouse (optional indoor venue)
Caterham High School BOKWA FitnessWithCorinne	Sunday	Call to confirm	Dance Studio (www.bokwafitness.com) Corinne 07877 779719
Clayhall Park FitnessWithCorinne	Sunday	Call to confirm	Outdoor Gym Corinne 07877 779719



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.

*£5 per session pay as you go or £40 for a 10-session card (saving £10). First session FREE

OUR PARKS

Activity	Day	Time	Meeting Point
Bootcamp	Mondays	10am	Elmhurst Gardens
Mums & Tots Bootcamp	Tuesdays	10am	Valentines Park
Yoga	Wednesdays	10am	Elmhurst Gardens
Mums & Tots Bootcamp	Thursdays	10am	Valentines Park
Boot Camp (free)	Saturdays	10am	Valentines Park

For more information and to book please visit www.ourparks.org.uk



NORDIC WALKING*

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.



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

www.redbridge.gov.uk/parks 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)

LAST MAN STANDS CRICKET

Get your mates together and join 20,000 players across the globe already taking part in the fastest game of cricket out there.

Last Man Stands is a quick, exciting and rule-bending version of Twenty20 played by time-strapped cricketers all over the world.



For more information on Last Man Stands in Redbridge please email redbridge@lastmanstands.co.uk

TENNIS IN THE PARK **NEW**

Goodmayes Park
Clayhall Park
Valentines Park

Free open days and 6 week tennis for a tenner – junior and adult courses.



For more information please email active.parks@visionrcl.org.uk
www.playtennisredbridge.com