

ACTIVE PARKS

LOVE PARKS WEEK

Get beach fit for summer!

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.



Venue	Day	Time	Meeting Point
Ray Park	Tuesday	6.30pm	Outdoor Gym
Fairlop Waters	Wednesday	10am	Rowing Club Boathouse ●
South Park	Thursday	6.30pm	Outdoor Gym
Fairlop Waters	Saturday	8.30am	Rowing Club Boathouse ●
Ray Park NEW	Saturday	10am	Outdoor Gym
Valentines Park	Sunday	9am	Outdoor Gym
Clayhall Park	Sunday	11am	Outdoor Gym
Christchurch Green, Wanstead	Friday	7pm	Entrance opposite Co-op or call Dean 07447 931 788

● Optional indoor venue

FREE sessions for women during women's sports week see page 29 (doesn't apply to Our Parks)

OUR PARKS

Activity	Day	Time	Meeting Point
Boxfit	Mondays	6.30pm	Elmhurst Gardens
Boxfit	Tuesdays	6.30pm	Valentines Park
Yoga	Wednesdays	10am	Elmhurst Gardens
HITT session	Thursdays	6.30pm	Loxford Park
Boot Camp	Saturdays	10am	Valentines Park
Full Body Workout	Sundays	10.30am	Loxford 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 ●	Wednesdays	11am Intermediate 1pm Beginners
	Saturdays	12.30pm (all levels)
Hainault Forest Country Park Car park adjacent to Global Café	Saturdays	10am (all levels)

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

or call 020 8708 0950 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

DOMORESUMMER17

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

#DOMOREsummer