

Fitness in the park

Come along and get fit in the park for **FREE**
with a trained fitness coach!

Free programmes and demonstrations!

All ages and abilities welcome! No need to book, just turn up!

Bushey Moatfield Park, WD23 3JU

Between Moatfield Road and Bournehall Lane.

Any time from 12:30pm - 4pm
Weekdays, Monday 3 August to Friday 7

Potters Bar Oakmere Park, EN6 5AX

Via Salisbury Close or pedestrian access is also available from Chace Avenue, Highview Gardens and The Grove.

Any time from 12:30pm - 4pm
Weekdays, Monday 10 August to Friday 14

Elstree Parkfields, WD6 3PU

Via Organ Hall, Red Road, Park Crescent and Allum Lane Spinney.

Any time from 12:30pm - 4pm
Weekdays, Monday 17 August to Friday 21

Borehamwood Ripon Park, WD6 2ND

Between Ripon Way and Arundel Way.

Any time from 12:30pm - 4pm
Weekdays, Monday 24 August to Friday 28



For more information please call **01442 454 000**

