



OUTDOOR

Get Yourself Moving

Get started with our outdoor gyms and come to a **FREE** session\*

Any experience, any ability welcome!

in your local park



\*led by a qualified gym instructor



# Sessions running every week from Monday 16 July to Sunday 26 August 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Evington Park LE5 6EA (Next to the tennis courts)			16.00-17.00 Instructor: Jarvis				
Spinney Hill LE5 5BP (Next to the play area)						15.00-16.00 Instructor: Manjit	
Victoria Park LE1 6RY (Opposite the play area and Pavilion)	12.30-13.30 Instructor: Jarvis						
Nelson Mandela LE1 6YU (Opposite the play area and toilet block)				17.00-18.00 Instructor: Manjit			
Exchange Park LE2 9DB (Along Sturdee rd and opposite shops)			16.00-17.00 Instructor: Manjit				
Aylestone Playing Fields LE3 2DG (next to the play area off Braunstone Lane East)				17.30-18.30 Instructor: Manjit			



[leicester.gov.uk/outdoorgyms](http://leicester.gov.uk/outdoorgyms)



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