



Park Fitness Morning

Outdoor exercise sessions in Welland Park, Market Harborough

- Every Thursday from 9.15 – 10.15am, meet at Welland Park Café
- Qualified instructors lead outdoor exercise sessions based in and around Welland Park's Social Fitness Zone
- Just £2.50 per session
- Suitable for all levels of fitness
- No booking required
- Sessions include a mix of strength, flexibility, cardiovascular and mobility exercises to improve your health
- A great way to make new friends and keep active

A short health questionnaire will need to be completed on attendance

For further information contact Danny Hallam:

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Phone the Sport & Activity Team: 01858 821286

