



OUTDOOR

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

Any experience,
any ability welcome!

Get
Yourself
Moving *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



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