



## FREE Outdoor Gym Training Session:

Join us for a **FREE** introductory demonstration as we celebrate the opening of your new outdoor gym

*Learn how to use the equipment safely and effectively, whatever your age or level of fitness.*

**WHERE:**

School Lane Playing Fields, Bagshot GU19 5BP

**WHEN:**

**SATURDAY 8TH JULY 2023 FROM 12.00pm–1pm**

To join our **FREE** session, just turn up, bring a towel, water and lots of energy! Suitable for all ages 11+ and all abilities.

For more information and latest updates see:

 **@windleshamparish.council**



Fresh Air Fitness will also be on hand to demonstrate the gym equipment, show you how to use it effectively and answer any questions you may have.