

Fit Free Fun

Do you want to get fitter?
Do you want to feel better?
Do you want to get outside?

Free instructor led gym sessions in the park

No need to book, just turn up

For information visit
www.brent.gov.uk/outdoorgyms

	9.30 - 11am	12 - 1.30pm	2.30 - 4pm
Mondays	Gladstone Park, Willesden ^F (9.45-11.15am)	Alpertons Sports Ground	Tokington Recreation Ground, Stonebridge
Tuesdays	King Edward VII Park, Wembley	Neasden Recreation Ground	Eton Grove, Kingsbury
Wednesdays	Chalkhill Park, Wembley	Northwick Park, Sudbury	Roundwood Park, Harlesden
Thursdays	Gibbons Recreation Ground, Church Road	Barham Park, Sudbury	Grove Park, Kingsbury
Fridays	Preston Park, near Wembley	Roundwood Park, Harlesden	
Saturdays	Tiverton Playing Field, Queens Park	Mount Pleasant, Alpertons	
Sundays	Roe Green Park, Kingsbury	Woodcock Park, Kenton	

^F This session is led by a female instructor

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