

FITNESS TRAIL SESSIONS

AT JOHN RAY PARK

BRAINTREE, CM7 3QL

FREE

NO NEED TO BOOK

Get a complete workout for core, strength, balance and aerobic fitness at Braintree's latest outdoor venue

JUST TURN UP at times and dates below:

DAY	DATE	TIME
TUESDAY	18th July	1:30 - 2:30 pm
SUNDAY	23rd July	10.00 - 11.00 am
TUESDAY	25th July	1:30 - 2:30 pm
WEDNESDAY	26th July	7:00 - 8:00 pm
SATURDAY	5th August	10.00 - 11.00 am

WEDNESDAY 19th July 7:00 - 8:00 pm

WOMEN ONLY

Sessions may be cancelled in bad weather



- Open to anyone aged 16 years and over
- Wear suitable training shoes and clothing
- Maximum 12 participants per session

www.braintree.gov.uk

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