**HOUSEHILLWOOD PARK**

|  |  |  |
| --- | --- | --- |
| **July** | **Tuesday** 4th, 18th & 25th | 11am – 12noon |
|  **Thursday** 6th 20th & 27th | 1pm – 2pm |
| **August** |  **Tuesday** 1st, 8th | 11am – 12noon |
|  **Thursday** 3rd & 10th | 1pm – 2pm |

***BELLAHOUSTON PARK***

|  |  |  |
| --- | --- | --- |
| **July** | **Tuesday** 4th, 18th & 25th | 1pm – 2pm  |
| **Thursday**6th 20th & 27th  | 3pm – 4pm  |
| **August** | **Tuesday** 1st, 8th | 1pm – 2pm  |
| **Thursday**3rd & 10th  | 3pm – 4pm  |

**ELDERPARK**

|  |  |  |
| --- | --- | --- |
| **July** | **Tuesday** 4th, 18th & 25th | 3pm – 4pm |
| **Thursday**6th 20th & 27th | 11am – 12noon |
| **August** | **Tuesday** 1st, 8th | 3pm – 4pm  |
| **Thursday**3rd & 10th | 11am – 12 noon |

**FREE INSTRUCTOR LED SESSIONS**

***Try the machines, exercise safely***

***Get fitness advice from fully qualified staff***

***No need to book – just turn up***

**SOUTH OUTDOOR GYMS PROMOTION**

