

Park Fitness Morning

Welland Park

Weekly, instructor-led, outdoor exercise sessions based in and around Welland Park's new Social Fitness Zone.

Sessions include a mix of strength, flexibility, cardiovascular, balance, coordination and mobility exercises to improve your heart, bone and overall health.



Where: Welland Park Café

When: Thursdays 9.15am - 10.15am

Cost: £2.50 per session

For further info, contact Danny Hallam— Sport & Physical Activity Team 01858 821286 or email d.hallam@harborough.gov.uk

No booking required — £2.50 per session

A SHORT HEALTH QUESTIONNAIRE WILL NEED TO BE COMPLETED ON ATTENDANCE



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