

WE ARE ACTIVE.



TURN UP, TONE UP

Get fit for free in Newham

Book your free exercise classes at
www.ourparks.org.uk

HOW IT WORKS

1. Join FREE at www.ourparks.org.uk
2. Select park or search by your location
3. Choose and book a class
4. Get fit for FREE

All classes are run by experienced qualified coaches and accessible for all ranges of abilities.

TIMETABLE

DAY	CLASS	TIME	PARK
Monday	Back to Exercise	6.30-7.30pm	Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16 3PB
Monday	Back to Exercise	10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE
Tuesday	Box Fit	10-11am	Central Park, High Street South, East Ham, E6 6ET
Tuesday	Abs, Bums and Thighs	6.30-7.30pm	Stratford Park, West Ham Lane, Stratford, E15 4PT
Wednesday	Box Fit	10-11am	Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16 3PB
Wednesday	Abs, Bums and Thighs	6.30-7.30pm	Central Park, High Street South, East Ham, E6 6ET
Friday	Abs, Bums and Thighs	10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE
Saturday	Bootcamp	10-11am	Central Park, High Street South, East Ham, E6 6ET
Saturday	Bootcamp	10-11am	Stratford Park, West Ham Lane, Stratford, E15 4PT
Sunday	Bootcamp	10-11am	Plaistow Park, Greengate Street, Plaistow, E13 0BE

Email: getfitnow@ourparks.org.uk Tel: **0800 111 4464**

 /ourparks  @ourparksuk  @ourparksuk

WE ARE NEWHAM.

People at the Heart
of Everything We Do