

# FREE GYM SESSIONS

Outdoor gym with Freedom's very own Fitness Buddy!

**EVERY WEDNESDAY (Starting 18<sup>th</sup> April)**

**When & Where?**

**9.30-10.30am - Bassfords Recreation Ground, Marshalls Road, Raunds, NN9 6EY.**

(A facility provided by Raunds Town Council)

*“Have you ever wondered what the outdoor gyms are like at your local park but not had the confidence to try out the equipment? Then you are not alone & now you don't have to worry!”*

(Please note: these are not personal training sessions or instructor led.  
This is a fitness buddy friend to accompany you.)



For more information call

**07702 859553**

[emma.sylvester@freedom-leisure.co.uk](mailto:emma.sylvester@freedom-leisure.co.uk)

[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



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