

Choose the perfect activity for you.

April- May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gosforth Central Park		Active Push 11:00 - 12:00		Stroll in the Park 13:00 - 13:45		Women Only Bootcamp 08:30 - 09:30
		Express Circuit 12:30 - 13:00				
		Family Parachute 15:45 – 16:15		Family Games 14:30 - 15:30		
Walker Park		Tai Chi 12:30 - 13:30		Gentle Wellbeing 12:30 - 13:30	Gentle Exercise 10:00 - 10:45	
Leazes Park			Advanced Nordic Walking 17:30 - 19:00			
Heaton Park				Family Hula Hoop 16:15 - 17:00		
				Boxing HIIT 17:30 - 18:30		
Exhibition Park			Nordic Walking Taster 10:00 - 10:45			
			Advanced Nordic Walking 11:00 - 12:00			
Brandling Park			Express HIIT 12:30 - 13:00			
Westerhope Bowling Club		Gentle Wellbeing 14:00 – 15:00 *Starts on 10/04/2018				
		Introduction to Bowling 14:00 – 15:00 *Starts on 10/04/2018				
Jesmond Dene			Family Hula Hoop 14:00 - 14:45		Tai Chi 10:30 - 11:30	
			Family Parachute 15:00 - 15:30			
Paddy Freeman			Family Hula Hoop 16:15 - 17:00			
			HIIT 17:30 - 18:15			

All sessions are completely FREE! Equipment provided, no booking required, just turn up!

Note: Highlighted sessions run during school holidays only: from 02/04/18 – 15/04/18 and 28/05/18 – 03/06/18.

Please visit activenewcastle.co.uk or <https://www.parklives.com/councils/newcastle> for further information, updates or changes.

Please contact Marguerite Fisher on 078 1442 0473 or email

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