



Book your FREE exercise classes at [www.ourparks.org.uk](http://www.ourparks.org.uk)

TURN UP, TONE UP  
**GET FIT FOR FREE**

SILVER WITCH GREEN, CHAPEL ROAD, STANWAY CO3 0PU

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# TURN UP, TONE UP GET FIT FOR FREE

SILVER WITCH GREEN, CHAPEL ROAD, STANWAY CO3 0PU

## HOW IT WORKS

1. Join FREE at [www.ourparks.org.uk](http://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. Accessible for all ranges of abilities.

CLASS	TIME	DAY	PARK
Box Fit	10:00	Saturday	Silver Witch Green, Chapel Road, Stanway CO3 0PU

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