

ALL NEW  
**OUTDOOR GYM**  
**FITNESS TRAINING**  
AT SILVER WITCH GREEN RECREATION GROUND

IN ASSOCIATION WITH COLCHESTER FITNESS CENTRE  
SPONSORED BY STANWAY PARISH COUNCIL

JOIN OUR TRAINING SESSIONS FOR FREE!



SESSIONS START FRIDAY 23RD JULY AT 4.00PM  
AND THEN EVERY SUBSEQUENT FRIDAY

IMPROVING THE HEALTH & WELLBEING  
OF STANWAY'S COMMUNITY



**COLCHESTER**  
**FITNESS CENTRE**

# COLCHESTER FITNESS CENTRE



# COMMUNITY HEALTH

Exercise and enjoy the open air with the new outdoor gym equipment for local Stanway residents

Introduction to the equipment with Colchester Fitness Centre sponsored by Stanway Parish Council

JOIN OUR TRAINING SESSIONS FOR FREE!



12 STATIONS  
20 USERS

exercise bars

•  
lat pull

•  
cross rider

•  
chest press

•  
rider

•  
leg press

cycle

•  
skier

•  
chin up

•  
rower

•  
combi benches

•  
air walker

SILVER WITCH GREEN  
CHAPEL ROAD, STANWAY  
CO3 0PU

SEARCH  
"stanway community fitness"

or visit  
[colchesterfitness.com/stanway-parish-council](http://colchesterfitness.com/stanway-parish-council)

