

WALK & WORKOUT

Saturday 9:30am - 10:30am



A fun fitness session suitable for all ages and abilities. Come and make new friends whilst keeping fit outdoors.

Sessions improve muscle tone and strength through the combination of walking and exercises in the beautiful setting of Wellbeing at Garon Park.

Contact Jackie on 07725 710892 for more information and to book a place.

EMAIL

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Wellbeing at Garon Park, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA