

SUMMER OF HEALTH & FITNESS



Milnbank
Housing Association

with Milnbank Housing Association

WEEKLY TIMETABLE AT THE SPORTS HUB

MON	10.00am-12.00pm 11.00am-12.00pm	Summer Athletics Camp (4 - 14 years) Monday Motivation with Derek – Free Fitness Class for All
TUES	10.00am-12.00pm 11.00am-12.00pm 12.00pm-1.00pm 5.30pm-6.30pm	Summer Athletics Camp (4 - 14 years) Health Walk Wee Blether Café— Free tea, coffee and snacks Fit for Life with Stuart – Free Fitness Class for All
WED	10.00am-12.00pm 11.00am-12.00pm 1.30pm-4.00pm 5.30pm-6.30pm	Summer Athletics Camp (4 - 14 years) Wellness Wednesday with Derek – Free Fitness Class for All Digital Learning Café with Rosemount lifelong learning Wednesday Workout with Mike – Free Fitness Class for All
THU	10.00am-12.00pm 12.30pm-1.30pm	Summer Athletics Camp (4 - 14 years) Tai Chi with Jan – Free Fitness Class for All
FRI	10.00am-12.00pm 11.00am-12.00pm 12.00pm-1.00pm	Summer Athletics Camp (4 - 14 years) Health Walk Wee Blether Café— Free tea, coffee and snacks
SAT	11.00am-12.00pm	Boxercise with Stuart – Free Fitness Class for All
SUN	12.30pm-1.30pm	Sunday Circuits with Derek – Free Fitness Class for All

Scan the QR code for further info and to book your activities.

Or contact John at the sports hub on

j.gormlie@milnbank.org.uk or visit

www.alexandraparksportshub.org.uk/bookings

