

Elmbridge

Family fitness fun event



Celebrate national fitness day

Enjoy the benefits of living a healthy and active lifestyle with a **free** drop in session in the park, packed with fun active things to

- Orienteering Xplorer challenge
- Multisports
- Outdoor gym tips
- Multisports
- Tennis
- A mile fun run or walk led by instructor
- and more!

Wednesday 25 September - 3pm to 6pm
Coronation recreation ground, Hershaw KT12 4QY



Elmbridge
Borough Council
... bridging the communities ...

Info at:
sport@elmbridge.gov.uk
Tel: 01372 474 581