

Open Gym in the Park

**FREE
EVENT**

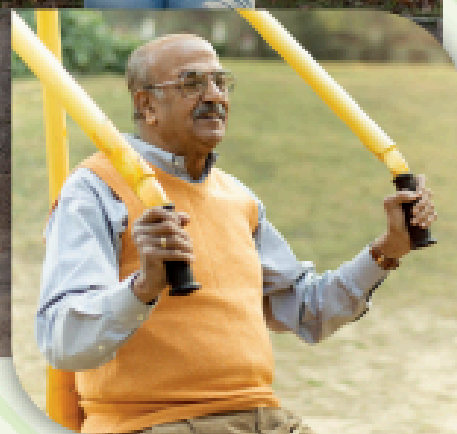
New to Exercise? Start Here.

Join our free, friendly gym sessions and take your first step with confidence.

Bonus Sessions!

Tuesday, 13th
and 20th October,
4 - 5pm

Koala park, Tilbury



What to expect

- Guided group session delivered by a PT
- General fitness advice
- Equipment demonstrations
- Supportive, no-pressure environment

Koala Park, Tilbury, RM18 7DY

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080186

ATF

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