



J2Active Parks Programme

Programme runs from Monday 5 October to Saturday 31 October 2020
(No sessions on Friday 9th, Saturday 10th, Monday 12th, and Tuesday 13th October 2020)

All of the activities are an introductory price of £3.50 per session

Keep up to date with Facebook @NewcastleSport

For further information contact us on 01782 742607 or J2Active@newcastle-staffs.gov.uk

<u>DAY</u>	<u>ACTIVITY NAME</u>	<u>TIME OFACTIVITY</u>	<u>LOCATION</u>
Monday	Parent and Toddlers Session	11.00am-11.30am	Brampton- meeting point Playground
	Body Conditioning	12.00pm-12.45pm	Brampton- meeting point Playground
	Buggy Fit Class	1.30pm-2.15pm	Clough Hall Park-Meet by the Tennis Court
	Outdoor Gym Fit	2.30pm-3.15pm	Clough Hall Park-Meet by the Tennis Court
Tuesday	Back to Exercise Class	10am-11am	Brampton- meeting point Playground
	Lunchtime Circuits Class	12.00pm-12.45pm	Brampton- meeting point Playground
	Outdoor Gym Fit	1.30pm-2.30pm	Whitmore Village Hall
	Ladies Social Tennis	3.00pm-4.00pm	Westland's Tennis Courts
Wednesday	Power Walking	12.30pm-1.15pm	Chesterton Park- meeting point by Monument
Thursday	Body Conditioning	10.00am-11.00am	Chesterton Park- meeting point by Monument
	Legs, Bums, Tums	12.00pm-12.45pm	Brampton-meeting point by playground
	Buggy Fit Class	1.30pm-2.15pm	Brampton-meeting point by the museum.
	Social Tennis for all	3.00pm-4.00pm	Westlands Park
Friday	Circuits	10.00am-11.00am	Bathpool Park- Meeting point by Playground at Boat Horse end
	Back to Exercise Class	1.00pm-1.45pm	Brampton- meeting point by Playground
Saturday	Outdoor Gym Fit	10.00am-11.00am	Clough Hall Park-Meet by the Tennis Court