

# free gym buddy sessions

## Ever wondered how to use the outdoor gym?

Get guidance from freedom leisure's personal qualified gym buddy every week!

**Central Recreational Ground, Irthlingborough**  
**Starting Monday 22<sup>nd</sup> October**  
**10.00 – 11.00 every week!**

*“Have you ever wondered what the outdoor gyms are like at your local park but not had the confidence to try out the equipment? You are not alone & now you don't have to worry!”*



(facilities provided by the town councils)

For more information call

**07702 859 553**

[activecommeastnorths@freedom-leisure.co.uk](mailto:activecommeastnorths@freedom-leisure.co.uk)

[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



East  
Northamptonshire  
Council



**activecommunities**  
where you matter