

A NEW PLACE FOR **YOUNG PEOPLE WITH**
THE FITNESS GARDEN



A DROP IN SESSION
FOR THE YOUNG
PEOPLE OF DENHAM
AGE 12+

FREE ENTRY

**WHETHER IT'S A WORKOUT OR A HANG OUT THAT YOU ARE
LOOKING FOR, THIS IS THE SESSION FOR YOU.**

THE FITNESS GARDEN WILL BE HOSTING WEEKLY DROP IN SESSIONS.
WHERE YOU CAN TRY FUN GAMES AND ACTIVITIES, MEET NEW PEOPLE
AND CHAT ABOUT HEALTH, FITNESS OR MENTAL WELLBEING.

LAUNCHING 1ST OCTOBER
EVERY THURSDAY
4PM - 6PM

New Denham Community Hall
Oxford Rd, Denham, UB9 4DW

For info contact chat@thefitnessgarden.com



A PROJECT SUPPORTED BY

