



# **FREE EXERCISE CLASSES AT JARVIS BROOK RECREATION GROUND CROWBOROUGH HILL, CROWBOROUGH, TN6 2EG**

MEETING POINT: CHILDRENS PLAYGROUND

## **BOOK NOW**

**OURPARKS.ORG.UK/WEALDEN**



SCAN ME

LOCATION	ACTIVITY	DAY	TIME
JARVIS BROOK RECREATION GROUND	ALL LEVELS HIGH INTENSITY INTERVAL TRAINING	MONDAY	9:30-10:30 AM
JARVIS BROOK RECREATION GROUND	BOOTCAMP	THURSDAY	9:30-10:30 AM

This is a session designed for individuals new or returning to exercise.  
Children under 16 are very welcome but **must** be accompanied by a parent or guardian.

