

Gym membership not for you?

Use our **FREE** outdoor gyms instead



- ▶ Just turn up, open to everyone*
- ▶ Gyms available in 18 parks
- ▶ Free instructor-led sessions
- ▶ Gyms are open 7 days a week

[brent.gov.uk/outdoorgyms](https://www.brent.gov.uk/outdoorgyms)



Brent

Fun. Fit. Free!

Outdoor gyms are designed to help you lead a healthier more active life.

The wide variety of equipment can help you manage your weight, improve muscle tone, increase your fitness and feel better.

Brent has so many outdoor gyms you can walk to your nearest one!

No experience or knowledge is needed because the equipment is very simple and straight forward.

If you'd like some guidance you can join one of our induction sessions with one of our qualified gym instructors.

There's no need to book, just turn up!

Sessions take place at most parks once per month so please read the timetable carefully to find a session that suits you.

Small print

You are responsible for your own medical welfare and should, if necessary, get appropriate medical advice before exercising. Take some water with you and keep hydrated.

There may be occasions due to unforeseen circumstances when an instructor may not be available. Please don't let this stop you from enjoying the equipment as every piece of equipment has instructions on how to use them.

*For health and safety purposes, the outdoor gym equipment is strictly for those over 1.2 meters tall. If persons not of this height are found to be using the equipment or if the equipment is used inappropriately by anyone this could lead to risk of injury. Please visit the website for updates. For more details on locations including addresses please visit www.brent.gov.uk/outdoorgyms. Sessions will not take place on Bank holidays.

Find us at the following parks

Every first Wednesday of the month:

Location	Time
Barham Park	9.30-10.30am
Northwick Park	11am-12noon
Woodcock Park	1.30-2.30pm
Tokyngton Rec Ground	3.30-4.30pm

Every first Saturday of the month:

Location	Time
Roe Green Park	8.30-9.30am
Gladstone Park	10-11am
Gibbons Recreation Ground	11.30am-12.30pm
Roundwood Park	1-2pm

Every last Friday of the month:

Location	Time
Chalkhill Park	9.30-10.30am
One Tree Hill Park	11am-12noon
Neasden Recreation Ground	1.30-2.30pm
Grove Park	3.30-4.30pm

Every last Sunday of the month:

Location	Time
Tiverton Park	8.30-9.30am
King Edwards Park, Wembley	10-11am
Preston Park	11.30am-12.30pm
Alperton Sports Ground	1-2pm