



FREE

Outdoor Gym Workshops

Always wondered how to use our outdoor gym equipment properly?

Do you enjoy exercising in the outdoors rather than gyms?

Then come along to our FREE Outdoor Gym workshops, where our qualified staff will take time to show you how to get the most out of this equipment and give you the confidence to get using them.

Ballymena

Monday 29 January 2018

10am - 11am at The People's Park

11.30am – 12.30pm at Ecos Centre Natural Park

Online tutorial

www.midandeantrim.gov.uk/outdoorgym

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**Mid & East
Antrim**
Borough Council