

#LOVEPARKSWEEK

# FIND YOUR FIT

TO CELEBRATE LOVE PARKS WEEK WE ARE HIGHLIGHTING OUR FANTASTIC FITNESS COACHES AT OUR PARKS. BOOK VIA THE LINK IN THEIR BIO FOR A FREE SESSION.

JOIN AN EAST HERTS PARK

Want to be stronger, fitter and happier? Whatever your level, Strength& offers outdoor strength and conditioning training. They promise you'll leave with a buzz-on! Visit [strengthand.com/hartham](http://strengthand.com/hartham) to book **TWO** free sessions.

HARTHAM COMMON

**STRENGTH&**



Pool2lake open water training provides professional swim coaching for adults & children, bridging the transition from pool to open water. Pool2lake's support will lead you to achieve your swimming goals, whether competitive or recreational. Get your free session by quoting **LPW2021** by emailing [heather.schelhase@gmail.com](mailto:heather.schelhase@gmail.com). Please note there are limited free spaces.

Become a healthier, fitter, happier you with Daniela Restaino Fitness classes and personal training. Book your free group session on [bookwhen.com/danielarestainofitness](http://bookwhen.com/danielarestainofitness) using the code **FCF21**.

BISHOPS PARK

*Daniela Restaino*  
**FITNESS**

## GRANGE PADDOCKS



Outdoor boot camps for ladies in Bishop's Stortford. Fun, friendly & supportive outdoor fitness sessions for all ages, shapes & fitness levels. Fit & Fab will support you to get into the best shape of your life! Email [suzfitfab@gmail.com](mailto:suzfitfab@gmail.com) quoting **LPW2021** to claim your free session.



#EASTHERTSPARKS

