

The new outdoor gym at Lenton Recreation Ground is open and ready for you to enjoy!



The Lenton Centre is running instructor-led sessions to teach you how to use the equipment and doing demonstrations to encourage you to give it a go

So why not get out enjoy the fresh air and get fit at the same time!

When: The first Wednesday of every month, 2 - 3pm

Last Saturday of every month, 11am – 12noon

Sessions run from April – September and are completely FREE!

For more information contact the parks team on 0115 915 2733, or parksandopenspaces@nottinghamcity.gov.uk