

Summer fun for you and your family

BOOTCAMP

With REGIMENT FITNESS

HILLINGDON BOROUGH are offering
10 weeks free OUTDOOR FITNESS
CLASSES

- Equipment based
- Fun
- Team Games
- Boxercise

Classes every Saturday 0930 at

COWLEY HALL REC. Uxbridge UB8 2EA

Contact Scott mob 07837593915

Scott@regimentfitness.co.uk

**Discover fun and social
activities in your local park**



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Park Life

www.hillingdon.gov.uk/parklife

