

Bromley is London's greenest borough with over 160 parks, 52 allotments and 21 outdoor sports facilities. Find out more about your local parks at [www.bromleyparks.co.uk](http://www.bromleyparks.co.uk) and [www.bromley.gov.uk](http://www.bromley.gov.uk).

Bromley's extensive outdoor spaces offer a fabulous opportunity to **get fit for free!** Walking is one of the best ways to get fit. Just ten minutes a day at a brisk pace can be really beneficial. Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Find out more at [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) or download the Active 10 App.

England's largest network of free group health walk schemes. Run by Ramblers, helping all kinds of people lead a more active lifestyle. Find out more at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

**parkrun** organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. Bromley parkrun starts at 9am every Saturday in Norman Park. Find out more at [www.parkrun.org.uk](http://www.parkrun.org.uk)

**Bikeability** delivers free, on road and off road training to groups in schools, through clubs, to families or individually to children, adults, new learners and experienced cyclists. Find out more at [Bikeability](http://Bikeability) and [www.bromley.gov.uk](http://www.bromley.gov.uk)

Green Gyms are fun and free outdoor sessions with guided practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Find out more at [www.tcv.org.uk](http://www.tcv.org.uk)

## Free Fitness Classes

### **Hoblingwell Recreation Ground** Saturdays 10am

A fitness boot camp class that mixes body weight exercises, with interval and strength training. All abilities welcome!

[www.ourparks.org.uk](http://www.ourparks.org.uk)