



PRESS RELEASE

Get fit for free at Kingshill Outdoor Gym

Free Fitness Sessions in March

Cirencester Town Council and Ben Jackson from Exceed Personal Training have teamed up to provide four free fitness sessions in March based around the outdoor gym equipment at Kingshill, Cirencester.

The free sessions will start on Wednesday 8th March at 9am and will run for the following three Wednesday mornings, 15th, 22nd and 29th March. Meet at the outdoor gym. Each session will include a fun warm up, strength and conditioning using body weight and outdoor gym equipment and everyone is welcome. 'These sessions are suitable for all levels of fitness, and it will be a great way to kick start your fitness in a fun and friendly way' said Ben Jackson.

The sessions are funded by Active Gloucestershire, who also funded the outdoor gym equipment across the town following a successful grant application by Cirencester County Councillors Joe Harris and Nigel Robbins.

Notes to Editors

For further information please contact Estates Services at the Town Council on:

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