

CIRCUIT TRAINING (Outdoor)



Mary Frances Trust are working with **Walton Transform Housing** to run a series of FREE outdoor fitness sessions to help ease people back in to exercise and have the chance to exercise outdoors.

The group caters for all fitness levels and are suitable for those wanting to exercise in a friendly environment.

Dates: Wednesday 14th, 21st, 28th August + 11th September

Time: 11am to 12pm

Meeting place: Transform Housing, 35 Hershaw Road, Walton-on-Thames, KT12 1LE

Please wear appropriate clothing for exercising.

The group is run by Mary Frances Trust and designed to encourage people to lead an active lifestyle which is known to improve mental health and wellbeing.

To join, you need to register with Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

Mary Frances Trust is a charity that supports people to improve their emotional well-being through one-to-one support, courses, groups and activities designed to aid recovery.

