



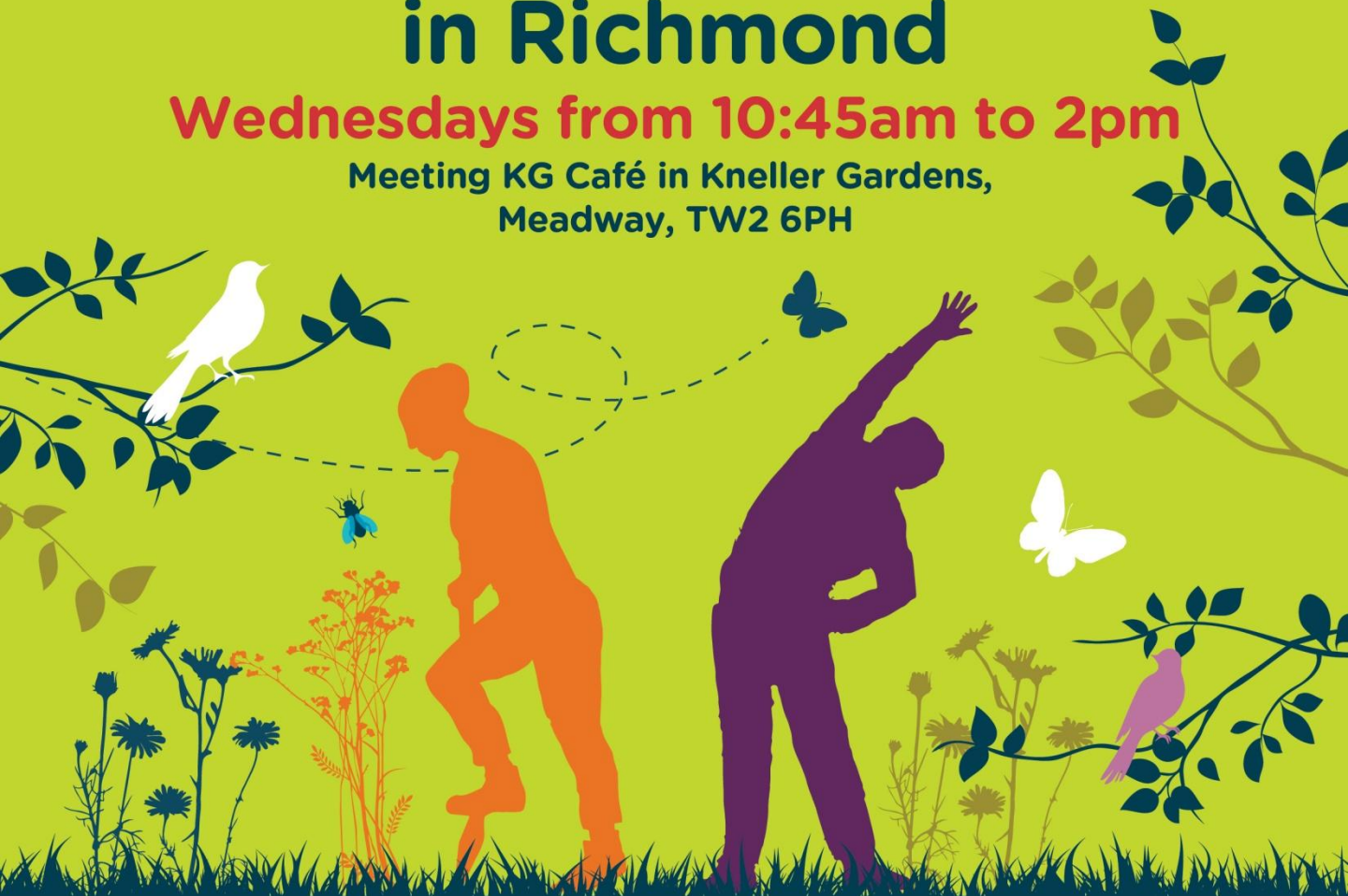
GREEN GYM[®]



in Richmond

Wednesdays from 10:45am to 2pm

Meeting KG Café in Kneller Gardens,
Meadway, TW2 6PH



Join in, feel good

From sowing meadows to planting trees, we have practical conservation tasks running every week to help you get active and improve your local green spaces.

All are welcome and sessions are free

For more information, contact Chloe on 07717494476 or gg-richmond@tcv.org.uk @TCVRichmondGG www.tcv.org.uk/richmondgreengym

Registered in England as a limited company (976410)
and as a charity in England (261009) and Scotland (SCO39302).
Registered Office: Sedum House, Mallard Way, Doncaster DN4 8DB





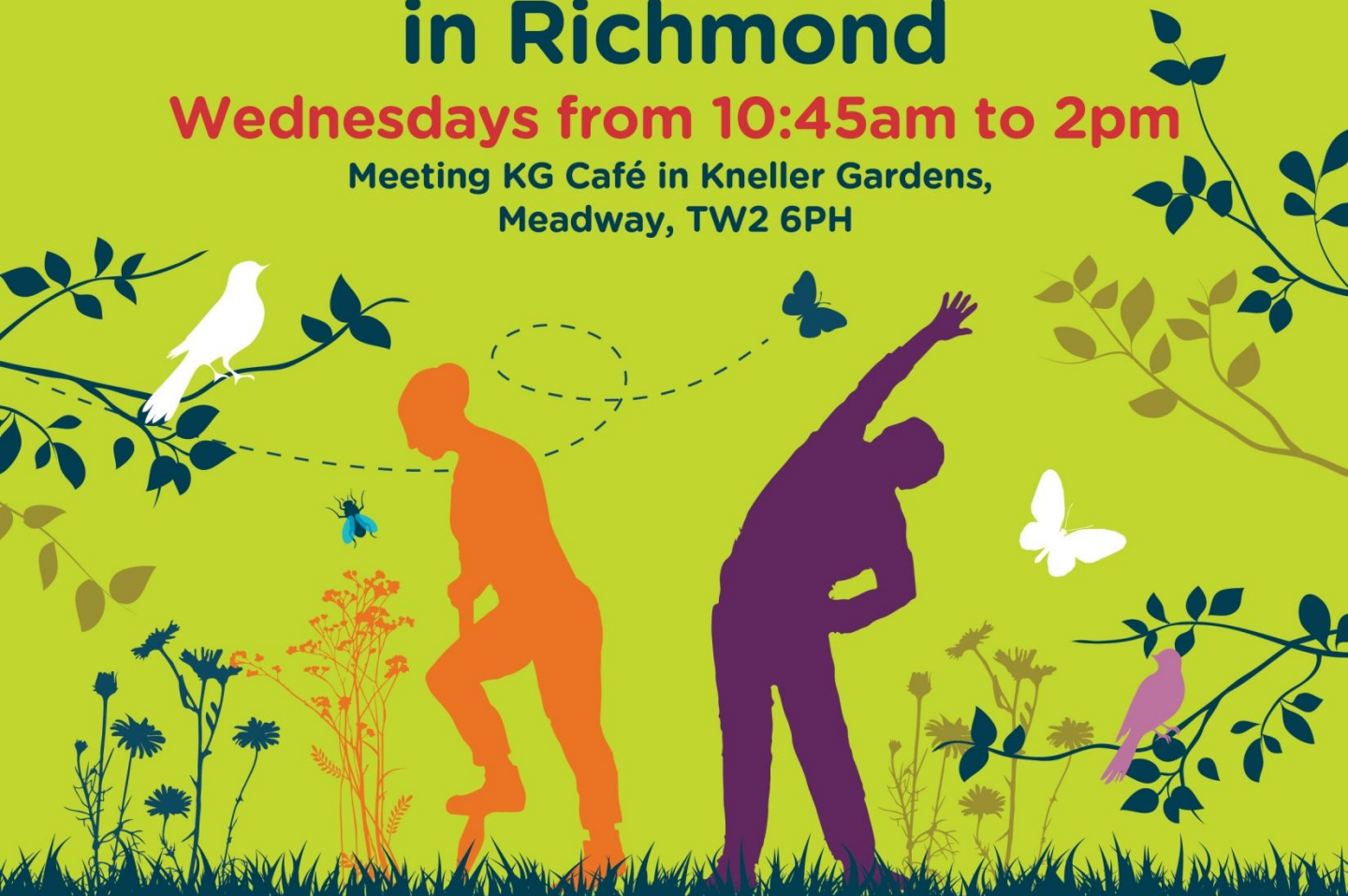
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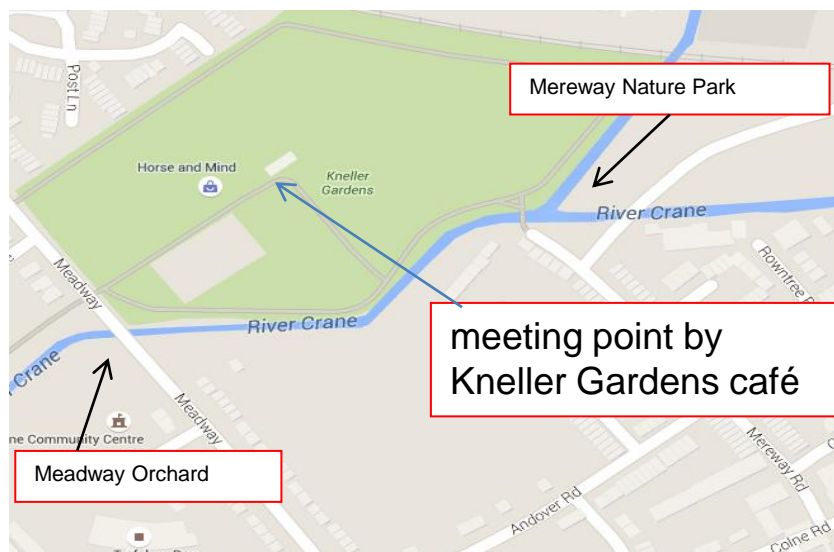
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Richmond Green Gym

Volunteers Wanted!!



What is a Green Gym?

The Green Gym is an innovative way to keep fit and improve wellbeing whilst transforming the local environment. There are 100 Green Gyms running across the UK. Participants work at their own pace and can burn a third more calories in a Green Gym session than in a traditional aerobic workout.

Join in, feel good!



Richmond Green Gym offers a unique and **free** opportunity for local people to get involved in transforming Mereway Nature Park and Orchard for the benefit of wildlife and the local community. All volunteers regardless of experience or levels of fitness are welcome. Experienced leaders start and finish sessions with a few minutes of gentle exercises and stretches to get muscles warmed up and reduce the risk of injury. We enjoy a tea break half way through the sessions for hot drinks, healthy snacks and a chance to get to know each other.

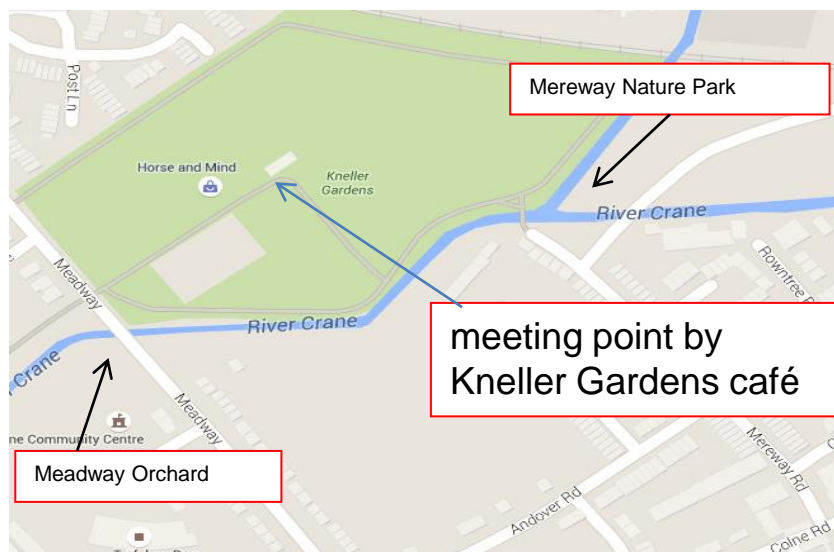
Richmond Green Gym meet every week on **Wednesday at 10.45am – 2pm**. The meeting point is at **Kneller Gardens café (TW2 6PH)** at 10.45am. Contact **Chloe 07717494476** or chloe.crompton@tcv.org.uk to book your place or just turn up on the day.

What to bring and wear We provide gloves, tools and light refreshments (please bring your own lunch). Please wear sturdy boots and clothes suitable for outdoor work that you don't mind getting muddy.



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