

Spring 2016



Join the Our Parks team in Alexandra Road Park every week for a free **Bootcamp & Dance Fit class**.

All classes last 60 minutes and are inclusive for all fitness levels.

These activities take place in **Playground 2**

- ☞ **Mum's Bootcamp:** every Wednesday from 2nd – ongoing. 11am – 12pm
- ☞ **Bootcamp mixed:** every Saturday from 5th : 10am - 11am.
- ☞ **Dance Fit:** every Sunday from 6th : 11am - 12pm,
- ☞ **Dr.Bike and Fun run day:** Thursday 31st : 11am - 3pm,



Start your summer season off with a special **Yoga in the Park**. Join our uplifting and fun session of yoga stretches.

Free to attend and open to all! Bring a towel or a yoga mat if you have one. Wear something comfortable to stretch in.

- ☞ **Free Outdoor Yoga:** Saturday 21st : 11am - 12pm
Playground 2

If you have any questions about taking part in or delivering community-led activities at Alexandra Road Park, please get in touch with the park's activities co-ordinator at

Jenny.Kurktchieva@camden.gov.uk

Alexandra Road Park



Follow us on **twitter**

@AlexandraRdPark



Come and join a gentle local walk followed by a friendly forum to discuss your interests, ideas and local concerns.



- ☞ **Health Walks and Talks:** every first Wednesday of the month (except June), 1:30 - 2:30pm : meet at Abbey Road end of the Park.
- ☞ **Cricket:** Every Wednesday 6th : 4:30 - 6pm, Playground 2
- ☞ **Dawn Chorus walk:** Sunday 24th : further details will be posted on this board nearer the time.

Don't miss London's most fascinating squares, gardens and green spaces – most are not normally open to the public.

Tickets are priced £12 in advance (£14 over the weekend), and available by visiting www.opensquares.org.



- ☞ **ARP Open Garden Squares Weekend:** Saturday 18th all day event.
- ☞ **Dog awareness day:** date and time still to be confirmed.



Join Friends of Alexandra Road Park at www.alexandraroadpark.org



LOTTERY FUNDED



The South Hampstead And Kilburn

Community Partnership

