

Kingswood Park

Our park at the heart of our community



Yoga

Wednesdays 6.30-7.30pm, starting 7th May

Running all Summer, a relaxing class with Pippa, meet at the bottom of the park.



Tai Chi

Mondays 6.30-7.30pm, starting 2nd June

Suitable for all, meet at the bottom of the park.



Mindfulness Sessions

Wednesdays 10-11am, starting 4th June

Come and relax in the park, please book.



Nordic Walking

Thursdays 10.30-11.30, taster sessions 10th & 24th April

6 week course: 1 May to 5 June - booking required.



Walking with Friends

Every Tuesday, 1-2.30pm

A gentle walk around the park area. Refreshments provided.



Couch to 5K

Thursdays 6-7pm, 1st May - 3rd July

Coach-led course to get you fit enough to run 5K, booking required.



Mens Circuit Training

Saturdays 9.30-10.30am, starting 5th April

Accompanied children over 10yrs welcome, meet at the tennis courts.



Boxercise Classes

Tuesdays 6.30-7.30pm, starting 11th March

A fun way to get fit and de-stress.



Boxfit for mums (bring your kids)

Wednesdays 10.30-11.30, starting 30th April

Suitable for all abilities, please text Jane on [07751237049](tel:07751237049)



Mums & Mini

Wednesdays 9.30am, starting 21st May

Coaches for perinatal exercise. Meet at Tennis Courts.

📧 CoreWellnessLtd@gmail.com to book.



Bookings & queries

📧 Kingswoodpark@southglos.org.uk
or text George on [07511867055](tel:07511867055)



Delivering for you