

Improve your fitness, help to care for the environment, and **enjoy yourself** at



**CHIPPING  
NORTON** **GREEN  
GYM<sup>®</sup>**





We meet on **Wednesdays**  
**from 10 till 1**, all year round.

Membership is free. More details at  
 [www.chippygreengym.org](http://www.chippygreengym.org) 



🍁 Jobs to suit all skill and ability levels

🍁 Training given if needed

🍁 Lifts to worksites often available



Green Gym maintain  
the Community Orchard



Here at the Health  
Centre we plant up  
and maintain the  
borders and create  
“Pick Your  
Own – Free”  
areas, promoting  
healthy eating.





Woodland we create  
becomes a wildlife haven.



Fitzalan Wood in 2015 and

in 2024, with residents and visitors.

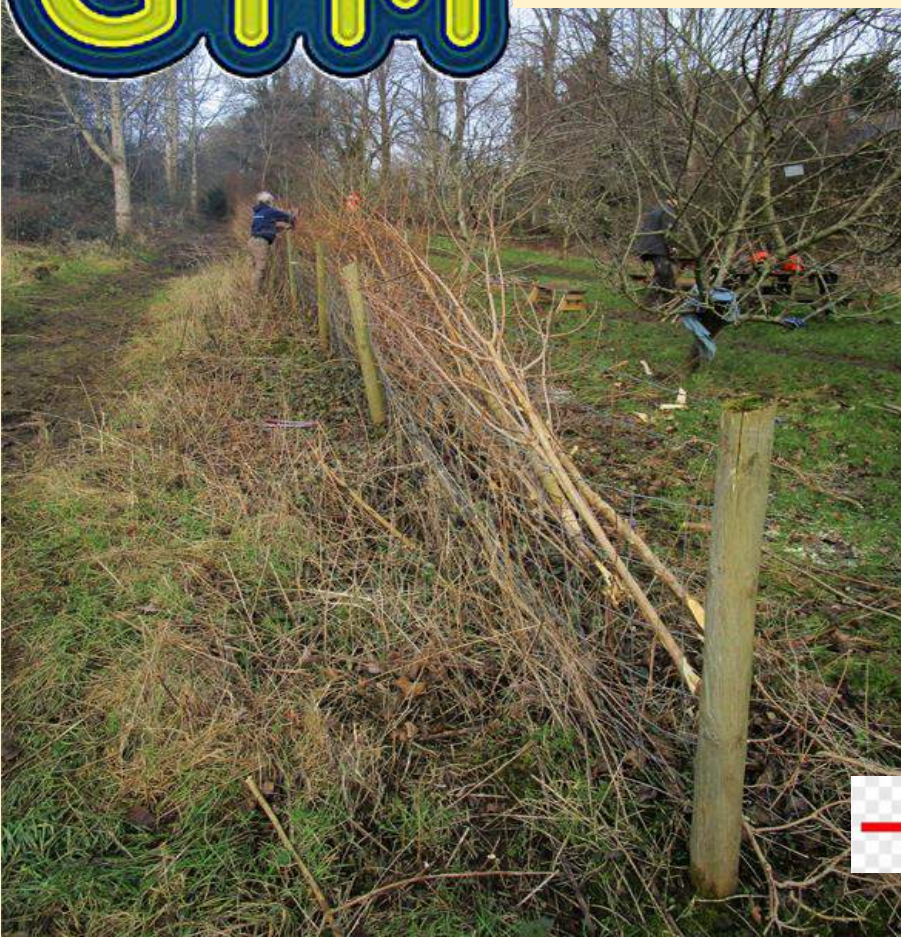




Dry stone walling



offers opportunities to learn new skills



Hedgelaying





GPs recommend Green Gyms as an aid to wellbeing. Our teabreak plays a part!





For full information, and a programme, visit [www.chippygreengym.org](http://www.chippygreengym.org) or email Rachel at [rmccubbin33@gmail.com](mailto:rmccubbin33@gmail.com)



*All welcome!  
Why not  
give it  
a try?*

**CHIPPING NORTON GREEN GYM**

is supported by

Chipping Norton  
Town Council



and affiliated  
to U.K. charity

