



Supported by:

Chipping Norton
Town Council



Saturday work sessions

We realise that there may be people who would like to join Green Gym or at least try it out, but cannot attend on a Wednesday, typically for work reasons. We are therefore trialling work sessions on a Saturday, from 10 a.m. to 1 pm, with a break for about 20 minutes at 11.30. Please bring your own refreshments for the break.

The bi-monthly programme published on our website shows the dates of all our work sessions and a summary of the work we plan to do, though depending on circumstances, the actual tasks carried out on the day may sometimes vary.

The tasks will be set out by the leader for the session and tools will be provided. If you have your own gloves, then please bring them – although there will be some available should you not have any. Otherwise, as you might imagine, sturdy shoes and clothing are advisable.

We really hope you would like to come along and give Green Gym a try. The work is very rewarding as well as the good company and companionship. If you would like to come to a session or sessions, please let Membership Secretary Rachel know, so she can let the session leader know to expect you. Of course, if you have any questions, she will be happy to answer them.

We look forward to meeting you!