

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



CHIPPING
NORTON

GREEN[®]
GYM



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

Membership is free. More details on
 our website **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.

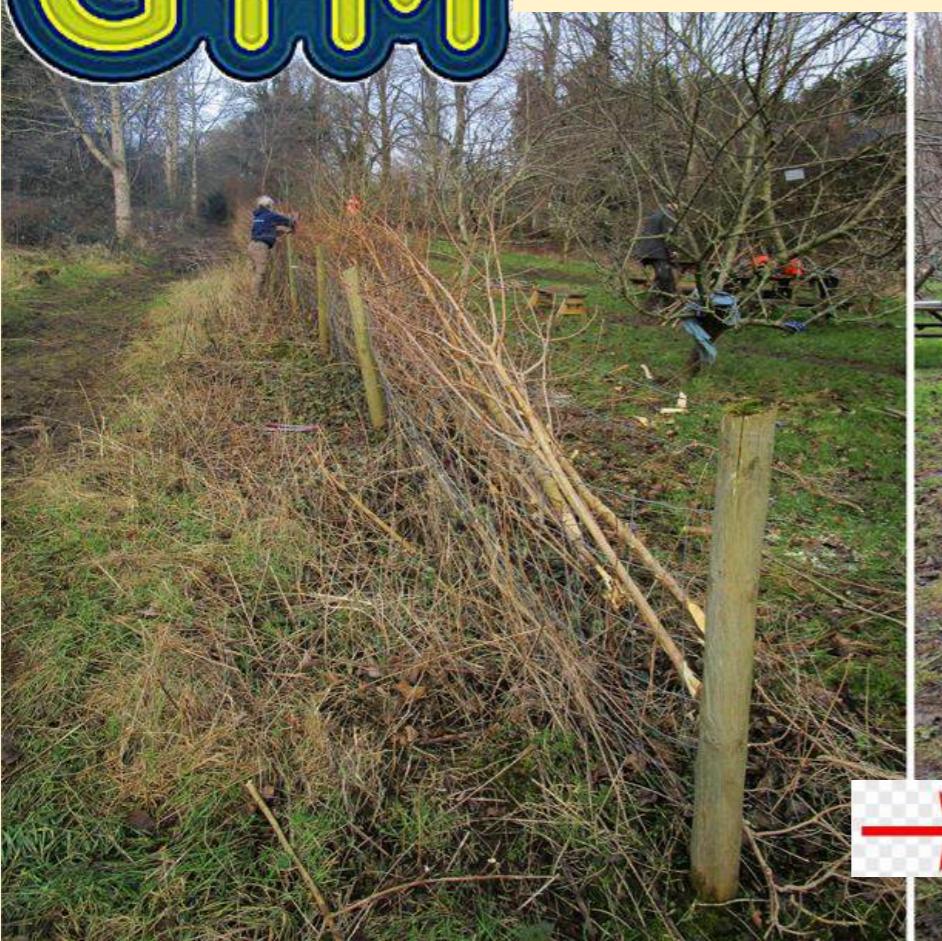


Fitzalan Wood in 2015 and

in 2024, with residents and visitors.



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 chippygreen gym.org or email
Rachel at rmccubbin33@gmail.com

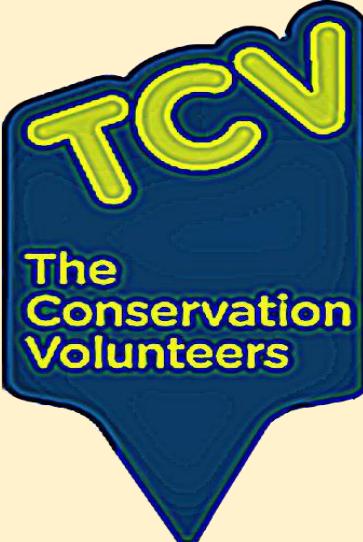


**CHIPPING
NORTON** **GREEN
GYM**
is supported by

Chipping Norton
Town Council



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



and affiliated
to U.K. charity