

FRIENDS OF MARKFIELD PARK

Please contact info@markfieldpark.org.uk 0208 489 5698 if you are interested in taking part in activities in the park or volunteering to help the Friends of Markfield Park on www.markfieldpark.org.uk

Dates for your Diary



Mondays

Every Monday from 31st October **Zumba Fitness Classes!**

Great Music! Great Fun!

Mark field Park Bowls Pavilion, Crowland Rd gates: £4 per class

9:30am – 10:30am

Arrive 10 minutes early for registration.

More info call Charmaine 07958686101 or email tcornis@blueyonder.co.uk

Book 5 sessions in advance - get one class free!!!



Wednesdays

Every Wednesday 9.15 to 10.15am **Friendly Health Walk**

Do you enjoy meeting people and walking to keep fit along the beautiful hidden gems of the surrounding areas around Markfield Park?

Meet at the café and come dressed according to the weather wearing comfortable walking shoes. Even rain doesn't stop us!

Incentives after 4th, 8th and 12th week! **JUST TURN UP!**

Ask at the café for more information or phone Pamela Harbige on 0208 489 5326 or email Pamela.harbige@haringey.gov.uk or info@markfieldpark.org.uk



Thursdays

Every Thursday 9:15am starting 10th November

Women only Jogging Group

Come and join the new, free jogging group for women only with a female jog leader.

It's a sociable way to stay fit whilst having fun. Open to all abilities, pram and wheelchair friendly.

Meet at the Markfield Park cafe, come dressed to jog.

To register your interest contact Tamsin on 07718 394754 or tfudge@englandathletics.org