

Travel Actively



RED Open Gym sessions

An opportunity to benefit from a free one-hour gym session the session. Hosted by Chris and Lynsey, your local Travel Actively officers, the session aims to familiarise you with the gym facilities at the Sands centre and provide a taster on how you can get started on your active travel journey.

Thursday 11th January

Time: 12pm - 1pm

Time: 1pm - 2pm

Time: 2pm - 3pm

Duration: 1hour slots to be booked

Tuesday 16th January

Time: 10am - 11am

Time: 11am - 12pm

Time: 12pm - 1pm

Duration: 1hour slots to be booked

Thursday 25th January

Time: 12pm - 1pm

Time: 1pm - 2pm

Duration: 1hour slots to be booked

To **book contact** the Travel Actively Team:

travelactively@cumberland.gov.uk
www.travelactively.co.uk

Be part of it!



Active Travel
England



Westmorland
& Furness
Council