

Braxted Fitness Classes get underway Supported by Maldon District Council's Livewell Grant

With a new all-weather surface to the outdoor gym, residents of the Braxted villages and surrounding areas are getting together on Saturday mornings for their 'Back to Fitness' programme with **funding supported by Maldon District Council's Livewell Grant**.

Under the guidance of PT instructor Jake Knight the 10-week programme is fully funded and offers three different age-group sessions on Saturday mornings. The seniors start the day (at 9.00), with further sessions starting at 10.00 and 11.00.

Two Saturday workouts have already been completed for each group but there are still a few vacancies for anyone wishing to join the groups for the remaining eight Saturdays (starting Saturday 9th July). **No cost is involved** so if you would like to know more and find out if there are any slots available, simply contact instructor Jake Knight for further information.

(Mobile: 07957 428438 or email: jakeknight43@gmail.com)

Group sessions:

9:00am - over 50s group

10:00am - 25-49 group

11:00 am - 16-24 group

Please remember to bring plenty of water and wear appropriate clothes to exercise, parking is at Great Braxted Pavilion with a short walk across the field to the gym equipment.

