

Page Park groups

A number of regular groups meet at Page Park in Staple Hill:

Staple Hill Runners

FREE weekly running group for 16yrs+, meeting at Page Park's main gates on Thursdays from 7pm to 8pm. All abilities welcome. Find us on Facebook or email staplehillrunners@gmail.com

Gardening

Help our friendly team of volunteers who care for the sensory garden. Wednesdays in the summer 9-11am and every other Wednesday in the winter: friendsofpageparkbs16@gmail.com

Bowls

April-September. New players welcome to join our friendly club at the beautiful bowls green in the park. 0117 9873212 www.pageparkbowling.org.uk

Tennis

All year – Simply turn up and play on the courts free of charge provided they have not already been pre-booked. Please refer to our [Sports pitches](#) web page for further information.

The Bristol Bootcamp Company

Monday, Wednesdays and Friday mornings 6.30am to 7.15am and evening sessions 6.30pm to 7.15pm. Contact: Dave 07974 792066 www.bristolbootcampcompany.co.uk/home/

The Alpha Activity Academy

A specialist resource providing adult and youth services addressing all aspects of physical fitness and emotional disturbance for complete well being and life style enhancement. Contact Darren at infoactive.alpha@gmail.com

Get Goin Fitness

- Boot Camp Class – Tuesday 6.30pm to 7.30pm

- HIIT session – Thurs 6.45pm to 7.30pm (upstairs in the pavilion)

Each session is £5. Contact Nicola on 07787 803767
or email getgoinfitness@yahoo.co.uk

All seasons Nordic walking

Nordic walking sessions are run every Thursday at 10am. Booking is essential.
Contact Helen on 0787 655 7500 or email info@allseasonsnordicwalking.co.uk. Free
taster sessions are available. Further information is available
at www.allseasonsnordicwalking.co.uk