

About Gloucester City Green Gym

Who?

Anyone over 16 can join. Contact BTCV on 01452 863686 or the Gloucester City Sports Development Service, tel. 01452 396707 for more details.

Where?

We will be running a BTCV Green gym in different locations across Gloucester City.

When?

1st Thursday of the month we will be in Tuffley
2nd Thursday of the month we will be in White City.
3rd Thursday of the month we will be in Matson or Saintbridge.
4th Thursday we will be in Barnwood .
5th Thursday of the month, programme varies check for details.



About Green Gyms

The Green Gym programme provides an opportunity to get more physically active and boost your well being whilst improving your local environment.

The Green Gym was founded by BTCV, a national charity that develops, promotes and monitors Green Gyms. It is the UK's largest practical conservation charity, enabling people from the local community to take practical action to improve their local environment.

Green Gym has been independently evaluated by the Healthcare Research and Development Department of Oxford Brookes University.

Gloucester City Green Gym is a partnership between BTCV, and Gloucester City Council Sports Development Service.

Supported by



GLOUCESTER
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Sports Development Service

www.btcv.org/greengym

Inspiring people, improving places

