



# COME AND JOIN US...

Improve fitness, minds and your local green space. It's free and no experience is needed. Thursdays 10am - 12pm, refreshments after.

**05/02/26: Beech Hurst Gardens, Haywards Heath** - meet on the lawn by the kiosk cafe.

**12/02/26: St Johns, Burgess Hill** - meet by the central roundabout flowerbeds.

**19/02/26: Blunts Wood, Haywards Heath** - meet at the car park, end of Blunts Wood Crescent, RH16 1NE.

**26/02/26: Ashplats, East Grinstead** - meet at Stirling Way, RH19 3HG

[rangers.midsussex@glendale-services.co.uk](mailto:rangers.midsussex@glendale-services.co.uk)

01273 751309