

**re:fresh**  
your health and wellbeing

# RE:FRESH AIR FESTIVAL

## GET OUT GET ACTIVE

INCLUSIVE CYCLING - WALKING WORKOUTS  
BALANCE BIKES - HEALTH WALKS - BMX  
SCAVENGER HUNTS\* - OUTDOOR BOOTCAMP  
LED RIDES - SPORTS - BIKE HIRE\*

**WITTON COUNTRY PARK / CYCLE CENTRE  
SATURDAY 15 JUNE 2019, 12PM - 4PM**

**For more information**



01254 682037



refreshblackburnwith  
darwen



**BLACKBURN  
with  
DARWEN**  
BOROUGH COUNCIL

\*Small charges apply

# TIMETABLE OF ACTIVITIES

Please be aware that some of the activities on the day will take place at a specified time.

Please see below for more information:

## HEALTH WALK

An easy paced one mile walk perfect for anyone just starting on their physical activity journey. Suitable for all abilities. Starting from the Pavilion Café.

12.30pm - 1pm and 1.30pm - 2pm

## PRIMAL BOOTCAMP

An outdoor functional, military style workout combining strength, endurance, teamwork and determination! Movements can be scaled for all abilities.

12.30pm - 1.30pm and 2pm - 3pm

## THE GREAT UNICORN HUNT

Join Eric the Explorer in this walk and explore story trail to find the shy unicorn of Witton Park. Suitable for under 5's.

1pm - 2pm and 3pm - 4pm

## WALKING WORKOUT

A low level hour long session that incorporates basic strengthening exercises into a walk. Suitable for adults of all abilities and pram friendly.

1.30pm - 2.30pm



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