

Cash makes getting fit a walk in the park

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ELAINE O'FLYNN

RESIDENTS can soon get fighting fit

thanks to free exercise classes. The Friends of Victoria Park has

been awarded £4,000 to launch weekly adult and children's bootcamp, buggyfit and community rounders sessions.

The cash was given to the group by social housing provider Equity Foundation.

Shelly Quinton-Hulme, Friends chairwoman, said: "The grant ensures that these sessions can continue all through next year and be publicised on our

annual event calendars.

"These sessions are great news for the community as they are a free way of exercising and keeping fit in our local park."

For information about the Friends, visit foyps.org.uk.

● Lisa Hatton, Debbie Hatton, Shelly Quinton Hulme, Teresa Sweeney and Helen Ardey, from the Friends of Victoria Park

