



Reach your goals & get fitter while having fun at our weekly bootcamps!
Book with Leisure Centre reception, first session is free, no membership needed. Sessions will take place at our football pitches, meet at the Pavillion (toilets/changing available) before the start time.

Downham Playing Fields, Glenbow Road, BR1 4RL.

Saturdays

Adult bootcamp 10-11am, £3

Improve your fitness and strength in the outdoors with our personal trainers Davina and James.

Women's only fitness 11-12noon, £2

Ladies only bootcamp-type session with our friendly trainers James and Davina.

Sporty clothes recommended, no equipment or previous experience needed.

There will be a participation form to complete. For more information email

HPADownham@1life.co.uk

Downham Health & Leisure Centre
020 8461 9200



1Life.co.uk



NHS
Lewisham



Downham Lifestyles Ltd

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