



# FAMILY FIT & FUN

**Engaging activities for the whole family to take part in.**

Gather the family and come on down to Kier Hardie Recreational ground to take part in weekly activities with activeNewham and partners. Family bonding time, get to know your neighbours, get active together, and build the community through our Family fit & fun programme

**STARTING 21ST MAY**

**Sundays 13:00 – 14:30**

Family Fun Games - ActiveNewham

**Tuesdays 18:00 – 19:30**

Dance - ActiveNewham

**Thursdays 18:00 – 19:30**

Family fitness – Fit2Relax



**KIER HARDIE RECREATIONAL GROUND**  
Multi Use Games Area, Tarling Road, E16 1GX

in partnership with

Newham London



Fit<sup>2</sup>Relax  
LONDON

active  
newham