

Green Gym offers an alternative to conventional gyms - The chance to improve your fitness by getting involved in practical environmental projects in your local area.

Green Gym is a great opportunity to get out and about, learn new skills and meet new people.

"It's increased my confidence, as I've proved to myself that I can do things, and I'm also much fitter and have lost weight."

"I've always liked practical work, and it's good to be learning new skills and doing something useful for the local area."

The Green Gym is FREE,
And it really is open to people of all ages and fitness levels.
NO experience is necessary as all training is provided
All you need to bring is yourself.

"I've always liked gardening and practical things, and would rather do that than go jogging or to the gym."

BTCV run Green Gyms in Dingwall and in Merkinch.

We meet for three hours each week. See overleaf for our programme of events.

New participants are very welcome.

For more information or to book a place contact Karen

On 01463 811560

07739 447987

Or e-mail:

k.harper@btcv.org.uk

We welcome participants of all ages and abilities. If you are under 16, you must be accompanied by an adult.

We supply all tools and equipment as well as hot/ cold drinks and biscuits. Please bring waterproofs, working clothes and stout footwear - we can lend boots and water-proofs if you request them in advance.



Green Gym Work programme Merkinch/Inverness

Jan - March
2010



Merkinch & Inverness Green Gym Programme January – March 2010



DATE & TIME	MEETING POINT	SITE	ACTIVITY	NOTES
Wednesday 13th Jan	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Invasive species control and painting board walk	Suitable for most abilities, some walking to site, WC
Wednesday 20 th Jan	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Footpath upgrade and access work	Suitable for most abilities, some walking to site, WC
Wednesday 27 th January	Inverness Library/Merkinch ticket office	Dunain Community Woodland	Woodland management tasks	Suitable for most abilities, no WC
Wednesday 3 rd February	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Footpath upgrade and access work	Suitable for most abilities, some walking to site, WC
Wednesday 10 th February	Inverness Library/Merkinch ticket office	Corbett Centre Community Garden	Landscaping and gardening tasks	Suitable for most abilities, WC
Wednesday 17 th February	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Footpath upgrade and access work	Suitable for most abilities, some walking to site, WC
Wednesday 24 th February	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Footpath upgrade and access work	Suitable for most abilities, some walking to site, WC
Wednesday 3 rd March	Inverness Library/Merkinch ticket office	Dunain Community Woodland	Woodland management tasks	Suitable for most abilities, some walking to site, no WC
Wednesday 10 th March	Inverness Library/Merkinch ticket office	Merkinch Local Nature Reserve	Footpath upgrade and access work	Suitable for most abilities, WC
Wednesday 17 th March	Inverness Library/Merkinch ticket office	Abriachan Community Woodland	Healthy Walk	Suitable for most abilities, WC
Wednesday 24 th March	Inverness Library/Merkinch ticket office	Inverness High School REAL project	Organic horticulture	Suitable for most abilities, some walking to site, no WC
Wednesday 31 st March	Inverness Library/Merkinch ticket office	Corbett Centre CommunityGarden	Landscaping and gardening tasks	Suitable for most abilities, WC

Please be advised that on occasions there may be a change to the day's activities. Please contact the office 01463 811560 to confirm tasks or call Karen on 07739 447987
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