



## New Milton Health Centre

### Exercise Options Locally For You

- New Milton Health and Leisure – Providing a fantastic wide range of fitness options  
Gore Rd, New Milton BH25 6RR  
Telephone - 023 8028 5531  
<http://www.newforest.gov.uk/healthandleisure/article/13091>
- New Milton Community Centre Osborne Road, New Milton BH25 6EA  
Offering a wide range of activities and exercise groups such as dancing, bridge, darts and chess plus much more...  
Telephone – 01425 610495  
<http://www.newmiltoncommunity.org.uk/>
- New Milton Memorial Centre – Providing classes such as Yoga, Zumba and other fitness programmes and events  
<https://www.memcentre.co.uk/contact-us>  
Telephone - 01425 629 451
- New Forest Arts – Activities such as dance for all ages  
<https://www.forest-arts.co.uk/>  
Telephone - 01425 612393
- Park Run – New Milton – come run and have fun, more information can be found at  
<http://www.parkrun.org.uk/newmilton-juniors/>  
<http://www.parkrun.org.uk/events/events/>
- Local Health Coach – Olly Leicester - specialist in helping people make changes to benefit their health  
<http://www.ollyleicester.co.uk/>
- Fit4rt - Local private classes  
<http://www.getfit4it.co.uk/book-a-class/>

