



PRESS INFORMATION  
For immediate release

Date:

### **Grab your trainers it's Newbury Get Active Day**

Visit Newbury's Get Active Day is taking the town by storm this Sunday 23<sup>rd</sup> July, between 10am – 4pm. With a whole host of free activities brought to you by Newbury BID, there will be something for everyone and to suit all ages. From braving the face to face climbing wall, an unusual see through design of climbing wall that allows you to see your opponent, to unleashing your inner Ninja and take on the Ninja Warrior Assault Course, Newbury will have it all. Nuffield Health will also be present on the day with a showcase of their fabulous range of classes between 10am – 2pm, seize this opportunity to sample classes and see what takes your fancy. On top of all this, we will also have BST Fitness dancing away with a Zumbathon, street tennis with Ignition Tennis, not to forget the more unusual juice bike, a stationary bike fitted with special juice blenders that spin as you pedal!

Get Active Day is taking place between 10am – 4pm. There will be lots going on in Northbrook Street and Newbury Market Place to keep the whole family entertained so come on down and enjoy the free selection of activities. Be sure to remember your trainers!

Events Manager of Newbury BID Laura Adamson said, “Get Active Day is a great opportunity to try something new and get the adrenalin pumping! The Newbury BID team are really excited about this event and we look forward to seeing these activities come to life.”

Newbury BID is a Business Improvement District Company (BID), responsible for managing the Town Centre. The work includes the marketing and promotion of Newbury and the development of links between organisations and the local community. For more information about the events and Newbury BID visit [www.visitnewbury.org.uk](http://www.visitnewbury.org.uk)

**>>>Ends**

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**Notes to the Media**

For any further information please contact Ali Carter, Digital Experience Manager on:

Tel: 01635 521654  
Email: [ali.carter@newburybid.com](mailto:ali.carter@newburybid.com)