

# National Fitness Day

WEDNESDAY 18TH SEPTEMBER



Join us in celebrating National Fitness Day with an exclusive Tai Chi and Chi Kung session, in the Ashdown Park Hotel Yoga Studio.

Contact [aphcountryclub@elitehotels.co.uk](mailto:aphcountryclub@elitehotels.co.uk) or ask at reception to book your place.



10.00am - Wednesday 18th September  
£5.00 minimum donation requested  
for Ashdown Park's chosen charity,  
Hearing Dogs for Deaf People



Donations via QR Code