



# Bootcamps and Fitness Classes



Last Modified May 12, 2021

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BOOTCAMPS AND FITNESS CLASSES ARE CURRENTLY BIENG PROVIDED IN LINE WITH GOVERNMENT GUIDANCE.

To run any outdoor fitness classes in parks, you'll need an Outdoor Fitness Licence issued by us, and to then sign a Code of Conduct and pay a fee.

Authorised bootcamps and fitness classes taking place in our parks are;-

## Bushey Rose Garden

- [Mary McLellan Yoga](#) Weds time tbc

## King George Recreation Ground, Bushey

- [Alex Reid Bootcamp UK](#) Mon & Weds @ 7pm, Sat @ 7:45am
- [Boxercise with Gid & Keith](#) Weds @ 6:30pm
- [Sazsa Silva Zumba](#) Mon & Weds 11:30am to 12:30pm

## Meadow Park, Borehamwood

- [Hannah Ellis Bootcamp](#) Sat 9am to 10am

## Tempsford Green, Borehamwood

- [Moshe King Judo](#) Mon 6:45pm to 8:15pm

## Furzefield (King George V Playing Fields), Potters Bar

- [Angie Bluffield Line Dancing](#) Thur 7:30pm to 8:30pm
- [Sue Purdie Zumba](#) Tue 6pm to 7pm, Weds 10:30am to 12pm, Sat 9:15am to 10:30am

## Parkfields, Elstree

- [Katy Neale Involve Plant Quest](#) Twice a month @ 11am and 1:30pm (please contact for dates)

## Obtaining an outdoor fitness licence

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If you are interested in taking a licence to run outdoor fitness, please contact: [parks@hertsmere.gov.uk](mailto:parks@hertsmere.gov.uk)

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