



IN ASSOCIATION WITH



Absolute Beginners' Running Group



**After the success of last year's group
we want to do it all over again...**

As the name suggests this is a fun course for anyone (aged 18 and over) with little or no experience of running, but who are keen to give it a go!

**If you're interested in getting fit, meeting new people, having fun
(or all of the above!) then join us at Enderby Leisure Centre
from 6:00pm to 7:00pm every Tuesday from January 3rd 2017.**

For more information please contact:

Ben Benson 07860 277 104

or

Wendy Thompson 07540 345 337

www.huncoteharriersac.co.uk/beginners

Let's run!