

SIDMOUTH RUNNING CLUB

IMPROVERS COURSE

from SIDMOUTH SAILING CLUB

ON WEDNESDAY 9th JANUARY at 7pm.

An 8 week programme for those who have run before but need an incentive to get going again, or solo runners who would like to progress with a group

The course costs £25 which includes your Club Membership for 2019, Corporate LED Membership and Public Liability Insurance

Enquiries please phone 07734 581782
Email: terry@zakia.co.uk **TO BOOK YOUR PLACE**
20 places available.

www.sidmouthrunningclub.co.uk

FITNESS – HEALTH – WEIGHT LOSS