

Learn to Run!

Go from 0 to 5k in 10 weeks

All ages and fitness levels welcome

Starts 15th March 2016

Tuesdays 7pm: talk and group run

Thursdays 7pm and Sundays 9am: group runs

(or practise on your own)

All runs leave from Broadbridge Heath Leisure Centre

Cost: £55 for 10 weeks, including a free T-shirt and a year's membership of Horsham Joggers

For more information and to book, Contact James on 07859910561 or email hjl2r@yahoo.co.uk

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horsham joggers