

# 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](mailto:hjl2r@yahoo.co.uk)

**hj**  
horsham joggers