

WALKING UNITED

WALKING AND FITNESS GROUP

ALL WELCOME

Mondays – Fridays 6.45 am (approx 45 minutes)

We will meet at the corner of Balook Rd and Red Hill Rd
(near bus shelter)

We will start off walking alternate routes, once we have established ourselves we may then incorporate exercises on the way.

To avoid been left behind arrive a few minutes early as due to time restrains we leave right on 6.45.

For more information ring Lisa 51955055 or just turn up on the days that suit. (Start 1st June)