



Walk 2 Jog

Join our 10 week course to build your fitness from a short walk to a steady jog.

Starting Thursday 21 April at 6.30pm.
Meet at Vangarde, M&S supermarket entrance.
Sessions will last up to 1 hour. £10 for the 10 week course. Those who complete the full course will receive a free T-Shirt.

For further information and to book your place please contact Hannah Higginson:

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