



Would you like to start running?

But need some help to get going and keep motivated?

The **Couch to 5K** programme takes you from running for 60 seconds to 30 minutes in 9 weeks. Come and join our supportive friendly group and meet others to share the journey. Available **FREE** with your SportsPound vouchers.

Starts Tuesday 19th July

7pm Tennis Court Road Fields, Kingswood

To book a place visit our eventbrite page or contact Andrew directly

<https://www.eventbrite.co.uk/e/sportspound-couch-2-5k-beginners-running-sessions-tickets-26193472381>

For more information contact your local SportsPound Activator

Andrew Parsons, Telephone: 01454 865821 / Mob: 07710 145213

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