



**FREE**



# **Beginner's Jogging Course**

Meet at Withycombe Tennis and Leisure Centre Car Park  
at  
6.30pm on Monday 19th May 2014 for 10 weekly sessions  
*[Including one Bank Holiday]*  
concluding on Sunday 20th July 2014 with a measured one  
mile run along Exmouth's Promenade

No running experience necessary.  
*[minimum 18 years of age]*

Wear comfortable loose clothing and good trainers.

To register an interest & for more information contact  
Bob Woodall – 01395 271655  
[bob.woodall@sky.com](mailto:bob.woodall@sky.com)



***give it a try, it's free***



**Run leaders are England Athletic qualified.  
They and assistants are members of Exmouth Harriers AAC.**