

R2R: Return to Running!

- ✓ You've run in the past but perhaps not recently
- ✓ Perhaps you've lost your confidence or your mojo?
- ✓ Or returning from illness injury and you'd like a bit of company and motivation?

Let us help you get back up and running again with our six week course.

Coaches Rachel Mellor, Tony Jewell and Sam Ayers will support you all the way with top tips and confidence building guidance.

When: Mondays 1830-1930
Where: Meet at the Lakes Home Centre, Low Road, Cockermouth.
Parking: Parking available at the Lakes Home Centre, but walk if you live locally.
First session: Monday 7th June 1830
Final session: Monday 12th July 1830

Questions? Contact Sam: asksam@bodyfitcumbria.co.uk

Fees: Adults: £39
Students/Low income: £24
Lost your income? Please contribute what you can

Please pay by bank transfer to confirm your place

BodyFit (Sam Ayers) Ltd
Sort Code: 09-01-28
Account Number: 08185241

Please use a reference (surname, class) e.g. AyersR2R

PayM (Payment with a Mobile Phone) 07805 094 701

I'd like to book a R2R place: Complete the following then copy and paste in an email to Samantha Ayers (Sam): asksam@bodyfitcumbria.co.uk

First Name:

Last Name:

Phone Number:

Email:

I've paid £xx.xx for my place/I haven't paid yet

Please delete as appropriate and insert relevant amount if paid.