

JOG

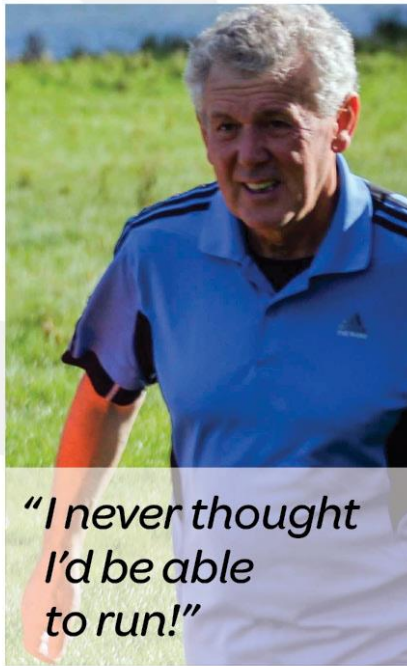
into
January

Do you want
to complete a 5k in
2017, make new
friends and have fun
too?

#JogIntoJanuary



"The best thing
I ever did – I'm so
proud of myself."



"I never thought
I'd be able
to run!"

Join your local
#JogIntoJanuary group
and let our qualified Jog
Leaders guide you
through our achievable
10 week programme.

Derby JogFit

Every Wednesday evening
from 5:15 to 6pm at
Moorways Sports
Stadium.

*Fun and friendly jogging
group. Beginners welcome.*

For more information, contact
Russell on 0789 630 9819
or visit www.ZenFitness.uk



"This has been so much fun, I can't
wait until next time..."



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