

Running Club

Coming soon to Runcorn and Widnes.....



If you want to get in better shape for this summer, meet new people or just like running, then join The Running Club!

WHEN: Tuesdays and Saturdays

STARTING: 27/06/09

TIME: 6:00am–7:00am Tues & 10:00am – 11:00am Sat

Location: The Heath Leisure Suite within The Heath Business Park, Runcorn

Levels: Intermediate & advanced

Cost: public – £3.00 per session
Current personal training clients – no cost

Qualified coaches are here to give you advice. We cater for all abilities.

Also available :

Gait analysis and advice on / sale of running shoes.
Sports Therapy Service

are you in the running ?
are you in the running ?

For more details please contact:

Hesketh Personal Training
Web: www.heskethpt.co.uk
Email: personaltrainng@heskethpt.co.uk
Tel: 0773631745

