

**WAVENEY
VALLEY**



WAVENEY VALLEY ATHLETIC CLUB



Come & Try our

Beginners

Running Sessions!

Thursdays in August (8th, 15th, 22nd & 29th)

7-8pm at Normanston Park, Oulton Broad,
beside the Cafe

FREE

Been thinking about getting fit?

Considered running but lack the confidence to start?

Would like somebody to run with?

Never, *ever*, *ever* run before?

Waveney Valley AC is a relaxed and friendly running club catering for all levels. Our qualified coaches will help you achieve your fitness goals, however modest, in a sociable and encouraging environment. So don't delay, come along this week and take the first step towards a fitter, more relaxed and healthier you!

For more information contact Alan Fairs ajsfairst@hotmail.com, visit our website www.waveneyvalley.org, or check us out on [facebook!](#)