

Walk or Jog 4 Life



Ashford Walk/Jog 4 Life Groups

Ashford Leisure Trust is starting a beginners walking and jogging group to help people to lead a more active and healthy lifestyle.

Whether you need support and motivation to start exercising, or you're interested in doing something different, these sessions could be just what you're looking for.

These weekly sessions last 45mins and will include a full warm up and cool down and are led by a qualified coach.

Walking and Jogging are a great form of physical activity that can be fun and sociable as well as fantastic for developing fitness levels

Healthy lifestyles

The Walk/Jog 4 Life groups form part of a range of facilities and activities developed by Ashford Leisure Trust to support the local community lead a more healthy lifestyle or recover from illness or injury.

If you, a friend, or a member of your family, are recovering from a health issue, of simply wishing to become more active, why not give our specialist team a call.

Under a qualified Medical Officer, we have specialist qualified staff on hand to assess your personal needs and recommend a personalised "Back to fitness" programme taking on board your commitments, preferences and specific needs.



www.ashfordleisuretrust.co.uk

When and Where?

Julie Rose Stadium

Weekly starting Monday 7th November 2011

Time: 10.45 to 11.30

Venue: The Julie Rose Stadium, Willesborough Rd,
Kennington, Ashford,
TN24 9QX.

Telephone: 01233 613131



The Julie Rose Stadium

Kingsnorth Recreation Centre

Weekly starting Tuesday 8th November 2011

Time: 12.00 to 12.45

Venue: Kingsnorth Recreation Centre, Field View,
Kingsnorth, Ashford, Kent TN23 3NZ.

Telephone: 01233 503846



Cost: £2.50 per session (FIRST SESSION FREE)

More Information

Each participant will receive a FREE sports water bottle after attending three sessions.

For more information on joining the group please contact Peter Le Rossignol on pete.lerossignol@ashfordleisuretrust.co.uk or call 01233 667 125



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