



Are you interested in getting fitter and healthier this year?

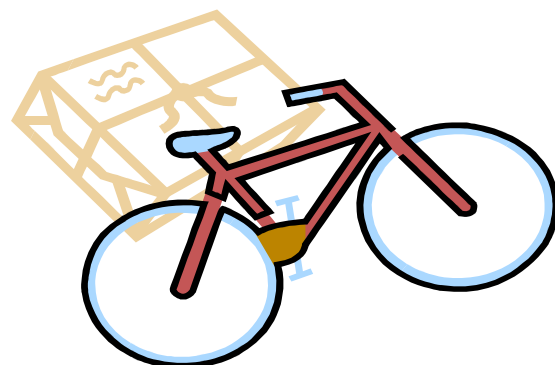
If so then why not come along and join in our new walking and cycling programme. We will be running weekly walking and cycling sessions.



Don't worry if you haven't walked for a long time we will start off with short walks from the centre.

We will also be running cycling sessions for adults so please contact us to find out more.

The walking sessions start on Monday 13th February 2012 at 10am and the cycling sessions on Friday 17th February at 10am.



For more information or to book your place please call us on 315 4989 or email [thomas@drylawnc.org.uk](mailto:thomas@drylawnc.org.uk)

