



High Peak Borough Council
working for our community



DC LEISURE
Developing Community Leisure



Beginners Jogging

- Beginners jogging group for those wanting to get back into or start jogging
- Help boost your health and fitness levels
- Get Active in the outdoors

**At New Mills Leisure Centre
Starting from 1st February 2011**

- Monday at 4.00pm
- Tuesday at 11.00am
- Wednesday at 6.00pm

Contact

New Mills Leisure Centre

01663 748842

Come along to our new Jogging Group and start getting fitter faster!

**Sessions start from 1 February 2011
Only £2.00 for an hours activity**

- Qualified and friendly instructors
- Just need your trainers and comfy clothing
- Suitable for beginners
- No need to book, just turn up and take part

Try sport and physical activity and see what a difference it can make to your life!

Give us a call today or visit our website for more information.

New Mills Leisure Centre
Hyde Bank Road
New Mills
Tel: 01663 748842
www.highpeak.gov.uk/leisure

For more information on the Jog Derbyshire programme or to log activity hours to win prizes visit
www.activederbyshire.co.uk

