

R2R: Return to Running!

Updated: 09/03/26

- ✓ You've run in the past but perhaps not recently
- ✓ Perhaps you've lost your confidence or your mojo?
- ✓ Or returning from illness injury and you'd like a bit of company and motivation?
- ✓ Or you're fit from other activities, but running is new to you

Let us help you get back up and running again with our **six week** course.
Coaches Tony and Sam will support you all the way with top tips and confidence building guidance.

Course fee includes:

- ✓ R2R Thursday 18:00 each week
- ✓ 30' Simply Stretch session via Zoom each week.
 - This can be 'live' or via a recording
 - 'Live' classes are on Mondays and Thursdays at 20:00
- ✓ Plus: Option to join on Monday at 1830 after the first few Thursdays. Details after booking.

When: Thursdays 18:00 finishing 19:00
Where: Meet at the Lakes Home Centre, Low Road, Cockermouth.
Parking: Parking available at the Lakes Home Centre, but please walk if you live locally.
Starting? **Thursday 16th April**
Questions? Contact Sam: asksam@bodyfitcumbria.co.uk or 07805 094701

Fees:

Adults:
£42 Thursdays and Simply Stretch via Zoom

Students/Low income:
£21 Thursdays and Simply Stretch via Zoom

Lost your income?
Please contribute what you can. Contact Sam to discuss in confidence

Please pay by bank transfer to confirm your place
BodyFit (Sam Ayers) Ltd Sort Code: 09-01-28 Account Number: 08185241

Use a reference (surname, class) e.g. AyersR2R

I'd like to book a R2R place: Complete the following then copy and paste in an email/WhatsApp to
Samantha Ayers (Sam): asksam@bodyfitcumbria.co.uk or 07805 094701

First Name:
Last Name:
Mobile Number:
Email:

I've paid £_____ by bank transfer for my place.

