

Sunday Beginners



Walking or Jogging for **VERY BEGINNERS**

May - Oct 2011, Meet every Sunday at 4pm

Arias Farm, 396 Clayton Rd - Kerris 021 753691



Keeping Rotorua running
www.lakecity.co.nz

Winter Sunday Beginners

Somewhere for true beginners to start!



- ✓ Can walk as slow as you like - perfect for the very unfit & overweight!
- ✓ Start with only 30 minutes out, then turn around and back.
- ✓ Do your own pace on the same course, no need to keep up with anyone.
- ✓ Normally 4pm on a Sunday, so most of the weekend is still yours.
- ✓ Your first three walks are free, only \$50 annual Club Membership after that.
- ✓ Get yourself fit before joining Summer sports or Running Clinic.
- ✓ Off-road DOC track under the trees, so peaceful, cool and enjoyable.

- ✓ Enjoy meeting others that are starting out and puffing just as hard as you!
- ✓ Open to men, ladies, teens, children over 8yrs (must be with guardian).

Great for the **WHOLE FAMILY** to get fit together!

- All you need is a comfortable pair of walking shoes, leggings or trackies, a tee shirt, and a warm long sleeve top.
- Carpool with a friend as self-motivation to show up every week!
- Ring Kerris to find out when the first walk of the season is, on 021 753691 or email swingmills@xtra.co.nz
- Show up at 3:55pm each Sunday with your drinking bottle and a watch.
- Meeting place Arias Farm, 396 Clayton Rd, Pukehangi area, Rotorua

