



Are you feeling a bit of a couch potato?

Would you like to get fitter in the New Year?

Get your trainers on and come and join Ms Barnes for a Couch to 5k club on Fridays at 2.50pm – 3.25pm starting next term.

If you are interested, please join me on Friday 7th December at 2.50pm for a chat. (No trainers required for this session!)



All that will be needed is enthusiasm and trainers – no fitness required!