

**BEAU
FITNESS**



Tom's Trust Cross Country Fun Run

Sunday 5th July 11am

www.tomstrust.org.uk



Feeling Excited for the Toms Trust Run?

Spring into Summer – 6 week programme with either or both of the following sessions

9.10am

Run

Free gentle run for all levels
—no pressure to stay for fitness
Meet at Thriplow school gates

9.30am

Fitness

£5 per 45min session
****Thursday 23rd April FREE!****
Meet at Thriplow park

Bring

- Trainers
- Water Bottle
- Mates
- Sense of humour
- Mini-me's welcome

Any questions or further information contact **Bethany** on **0773 606 4648** or **beaufitness@outlook.com**

Local, fully qualified personal trainer trained in Australia and bringing back new and exciting fitness trends.

Qualifications

- Master Trainer through Australian Institute of Fitness
- Certificate III & IV in Personal Training
- PunchFit training
- Senior First Aid

Other personal training and mobile fitness options available for £30 per session