



STAFF COUCH TO 5K

**NEW YEAR
NEW GOALS!**

*Register for
C25K Here*

**JOIN US AT
ORMEAU PARK**

STARTING

MONDAY

13TH JANUARY

**Mondays & Wednesdays
Meeting @ Ozone Carpark, Ormeau Park
17:30pm-18:30pm**

DURATION - 10 WEEKS