

Jog and Jiggle



Running for beginners

If you fancy getting off the couch and into running, join us for some fun. Adur and Worthing Wellbeing will be leading a 10 week introductory running course with the aim of getting you fit for a 5k.

Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-257048-z>



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