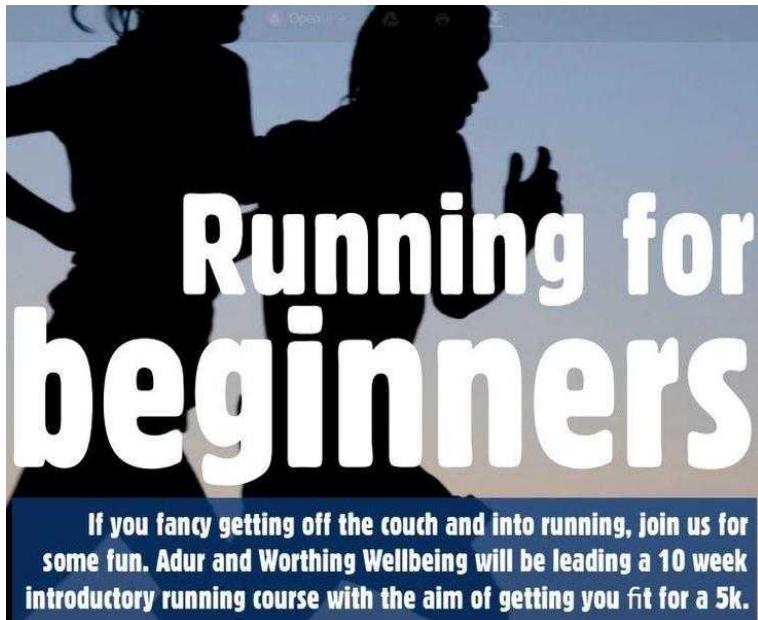


# Jog and Jiggle



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-257048-z>



Jog and Jiggle Free 10 week running program starts on February 20 2016 in Home-field Park 10.00-11.00. This course is designed for everyone in the community who would like to get more active. Fun sessions will help you gradually build up your fitness levels, with the option of entering a park run at the end of the course. Call: 01273 263064 Email: [email protected] ;



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