

England's recreational running community

# Get



# Wajogging!



Now on...

## Wajog!!

*with Jo Southgate*



Meet at Acacia Hall reception **Thursdays**  
9.15am sharp. 61 High St, Dartford, DA1 1DJ

Expect to get your trainers dirty we'll be going outside for an hour. Jo is a highly trained Pilates teacher as well as a running leader. She will give you advice on your posture as you learn to run.

Telephone Jo on: **07958 679909**

Email: **superjosouthgate@yahoo.co.uk**

**www.superjosouthgate.com**

Fee: **£2.50** Adults **£2** Child (aged 5 - 16)

This money is collected & donated to  
EllenorLions Hospices



visit [www.runengland.org](http://www.runengland.org) for further information