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The Jogging Club for Women

Jogging as part of a group is a proven formula for success!

All ages and abilities welcome! We are a friendly jogging club wanting other women to join us and experience the exhilaration of jogging as part of a team.

- Never had the confidence or know how to jog?
- Power walking and now want to take it up a notch?
- Can already jog but no longer want to jog alone?
- Already jogging but want to go further & faster?



All the women in this photo successfully achieved a 5k event after attending the Begin to Jog course. You can too!

"Never thought I could jog and with Debra's encouragement, I now can!" Sue

"I have always run but since joining the group I have increased my speed and distance. Lisa

"I feel fitter and healthier, the best I have felt in years!" Sandra

Sessions in Abbots Langley to suit all abilities at various times both during the day & evening.
Contact Debra for more information E: debra@ucajog2.com M: 07854 859 057

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