

come and join us at the hampton
as we train for the



KNOWLE FUN RUN 2010



on **MAY 16th** be part of the **hampton** team
by representing us in this fantastic

5 MILE RUN

This yearly charity fun run is a fantastic and worthwhile cause so what's better than raising money and getting fitter at the same time?

Along with the run we offer a specialised training programme that suits all levels of fitness and is a great way to meet new people and get fitter!

Our routine promises to deliver the three S's

Speed! Strength! Stamina!

The training consists of two running sessions a week and one core stability circuit class unique to this fun run.

So why not sign up today and we promise, you will enjoy the training as much as the race itself!

The training is absolutely **FREE** and you do not have to be a member of the gym to take part!

