

Blythswood's BIG Birthday

Saturday 25 June
Leisure Centre, Inverness



FUN FITNESS

FUN RUNS ON THE TRACK

FUN FITNESS



- 09:30 50+ Fitness Session with Midge
- 10:10 Body Combat with Kirsty
- 10:45 PiYo with Wendy
- 11:20 Zumba Fitness with Carolina & Karen
- 12:00 Highland Hustle with Claire
- 12:30 Cool down & Stretch with Midge

Come in Blythswood colours
Green, Red and/or White

£10 adult for all or part of event
£5 child over 12 years with an adult

FUN RUNS



ON THE TRACK

- 12:30 3K Buggy & Wheelchairs
- 13:30 3K Family Run children
10 years & under
- 14:30 3K Golden Run 50 years plus
- 15:30 5K Open

Come in Blythswood colours Green,
Red and/or White or fancy dress
£10 adult | £5 child | £20 family

Sponsorship encouraged too.
To Register www.blythswood.org

For more information:

email: events@blythswood.org or tel: 01349 830777

Scottish Charity SC 021848

