



# **Circuits start Friday 4<sup>th</sup> November 6:30 to 7:30pm**

**Circuits promote core strength and stability enhancing your running.**

**Sessions will be held in the sports hall at the stadium starting Friday 4<sup>th</sup> November, continuing every Friday night up to and including Friday 16<sup>th</sup> December.**

**These sessions are free to all Harriers members; the hire of the hall is paid for by the Club.**

**Annual user cards/track tickets are not required for these sessions but you do need to be a paid up member of Bedford Harriers.**

