



Circuit Training

Re-commences 2nd September at
Rishworth School Gym

The sessions will be as follows:

6.30pm	Junior Circuits (Ages 11-17)	Coach -	Brian
6.30pm	Strength & Conditioning	Coach -	Graeme
7.30pm	Adult Circuits	Coach -	Brian & Graeme

Cost

Juniors - £2

Adults - £3

These sessions are open to all members of Halifax Harriers, Calder Valley Fell Runners, Stainland Lions & Todmorden Harriers.

Please come along and support the sessions.