

## **Merry Christmas**

The final training sessions before Christmas will be:

Tuesday – 18 December

Thursday – 20 December

Sunday mornings will continue throughout the Christmas period and will be:

Sunday 23 December - Sports Centre (on the grass hills – meet at the cricket shelter)

Sunday 30 January - Telegraph Woods

For those of you who feel the need to exercise in between Christmas and the New Year there will be a session on Thurs 27 December 10.30am to 12 Midday. This will be based at Thornhill Youth Club and will either be an outside hills session or will be an indoor session – either way please meet in the Youth Club car park for 10.30am.

The first Thursday session after the New Year will be on 3 January and the first Tuesday is on 8 January.

Have a great Christmas – have a rest and come back ready to work hard!

Jan