

Formula 4 Fitness 2017 Sessions

Run Fitness & Pilates Sessions

Day	Time	Location	Activity	Activity Level	Cost
Mon	6:15-7:15	Sutton Bonington Village Hall LE12 5NL	Run Fitness	All	£2
Mon	6:15-7:15	Sutton Bonington Village Hall LE12 5NL	Beginners Running Club	Beg	£2
Mon	7:15 - 8:15	Sutton Bonington Village Hall LE12 5NL	Pilates	All	£5
Tue	4:30-5:30 on 7/3/17 then every other week	Wheeler Hut @ Griffydam LE67 8HU	Pilates	Beg-Int	£5
Tue	6:30-7:30 on 14/3/17 then every other week	Wheeler Hut @ Griffydam LE67 8HU	Pilates	Beg-Int	£5
Fri	10:00-11:00	Sutton Bonington Playing Field Pavilion	Pilates	All	£5
Fri	11:30-12:30	Sutton Bonington Village Hall LE12 5NL	Pilates	All	£5

Collect East Leake
Trader Stickers
from any of these
sessions

Contact Details

Tel	07979188997
Website	Formula4fitness.co.uk
Facebook	Una.Lacey-Formula4fitness
Twitter	@UnaLaceyF4F

Una is a UK Athletics Coach & Level 2 British Triathlon Federation Coach

F4F Events....

Kegworth Long Lane Dash

Measured 5-Miles Closed Road Race

&

Kegworth Long Lane Fun Run

Friday 2nd June 2017

Dash = 7:00pm Start
Fun Run = 6:30pm Start

Online Entries - £10 AAA Affiliated £12.50 None AAA
Entries on the Day - £12.50
Online Entries - close 28th May

Fun Run - £2 Entries on the Day only (closes at 6:00pm)

Other Helpful Info...

- Registration & Some Event Parking at Long Lane Equestrian Centre.
- Extra Parking at Kegworth Village Hall (10min walk)
- The Equestrian Centre will be selling Burgers & a Hot Drink for bargain price of £3.50
- Pre & Post event Massage from R3

R3 Sports Massage Therapy
07446 112228
andy@R3SportsMassage.co.uk



Event Sponsors



Visit: Facebook page formula4fitnessevents and click on Event Poster to Enter

Formula 4 Fitness 2017 Sessions

Run Fitness & Pilates Sessions

Day	Time	Location	Activity	Activity Level	Cost
Mon	6:15-7:15	Sutton Bonington Village Hall LE12 5NL	Run Fitness	All	£2
Mon	6:15-7:15	Sutton Bonington Village Hall LE12 5NL	Beginners Running Club	Beg	£2
Mon	7:15 - 8:15	Sutton Bonington Village Hall LE12 5NL	Pilates	All	£5
Tue	4:30-5:30 on 7/3/17 then every other week	Wheeler Hut @ Griffydam LE67 8HU	Pilates	Beg-Int	£5
Tue	6:30-7:30 on 14/3/17 then every other week	Wheeler Hut @ Griffydam LE67 8HU	Pilates	Beg-Int	£5
Fri	10:00-11:00	Sutton Bonington Playing Field Pavilion	Pilates	All	£5
Fri	11:30-12:30	Sutton Bonington Village Hall LE12 5NL	Pilates	All	£5

Collect East Leake
Trader Stickers
from any of these
sessions

Contact Details

Tel	07979188997
Website	Formula4fitness.co.uk
Facebook	Una.Lacey-Formula4fitness
Twitter	@UnaLaceyF4F

Una is a UK Athletics Coach & Level 2 British Triathlon Federation Coach