

## Fitmums & Friends

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Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields

Wednesday 7.00 pm,

Friday 6.15 pm.

Buggy Run: Thursday 1.00 pm.

Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am.

Suitable for men and women of all ages (over 18) and fitness levels.

[www.fitmums.org.uk](http://www.fitmums.org.uk)