



# PARKOUR

a free running physical activity involving getting from A to B in the shortest way possible with a series of jumping running somersault exercises

**FREE RUNNING @ WHITTON SPORTS CENTRE**

**17 May @ 7.30pm 8 week free course for 14yrs+**

**Wear loose fitting comfortable clothing**

**To book your free place:**

**t: 01473 432223**

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