



## **New year, New You!**

# **Fitness health walks**

Improve your fitness and stamina in these fast-paced led fitness walks. If you enjoy the great outdoors and meeting others then come along to this FREE fitness session.

Average speed of walk 4mph.

Starting Saturday 4<sup>th</sup> February 10am – 11am meet outside  
Rawcliffe Bar Country park office at  
Rawcliffe Park and Ride, Shipton Road, YO30 5XZ

**For more information or to register your interest contact Fiona  
Barker (01904) 553377 or [fiona.barker@york.gov.uk](mailto:fiona.barker@york.gov.uk)**