

PROGRAMME



SEPTEMBER

WALK INSTRUCTOR

YOUR PERSONAL WALK INSTRUCTOR WILL BE HELENA CALITZ
15 YEARS' EXPERIENCE IN THE HEALTH AND FITNESS INDUSTRY &
FIRST AID LEVEL 2
ASSEMBLY POINT FNB
WEEKLY VALUE ADDED SPECIALS

BEDFORD MALL DESCRIPTION:

EVERY SUNDAY 7AM - 9AM
GATHER POINT - INFRONT OF FNB
START AND FINISH - INFRONT OF FNB
PLEASE ARRIVE FROM 6H45 TO LOG YOUR ATTENDANCE
DISTANCE OF THE WALK WILL BE 1.5KM & 3 KM
ESTIMATE TIME WITHIN TO FINISH 1.5 KM - 20 MIN & 3 KM - 40 MIN

BEDFORD MALL FEATURES:

BENCHES FOR REST
DRINKING FOUNTAINS
BATHROOMS
SAFE FREE PARKING
MALL SECURITY

PROGRAM INFORMATION:

SIGN IN WITH ADMINISTRATOR
START 7AM
5 MINUTE STRETCH AND COOL DOWN - 2 SESSIONS (7:30 & 8:00)
LOG DISTANCE AND TIME WITH ADMINISTRATOR
SOCIAL AND CLAIM VALUE ADDED SPECIALS



BEDFORD

TEL: 011 622 1840 | bedfordcentre.com



TRADING HOURS: MON - FRI: 09h00 - 18h00 SAT: 09h00 - 17h00 SUN & PUBLIC HOLIDAYS: 09h00 - 15h00