

Daddyfit!



Calling all men!

Come and see what the girls get up to and let us put you through your paces at this years

CHARITY
buggyfit

It's just for fun and a very worthy cause!
All proceeds from this challenge will go to the charity **Julias House**.



QUEENS PARK GOLF COURSE, GOOD FRIDAY, 9.30am
(registration in the carpark 9.15am) **£8 per couple** (or £4 single participant)



For more info call Jo Rainsley or Bev Vatcher
on 07808 470031
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"Last year it was great fun, loads of us Dads charging over the grass with buggies like a scene from Ben Hur! But there was a lot less chatting & more exercise than I was expecting! The Mums obviously work hard in the Buggyfit classes. Good social banter in the club house afterwards! I will definately take part again, Julias House is such a worthy cause that really hits home when you are a parent" R O'Shea