

RUN BETTER

Developing Running Robustness:

WITH NIC COSTIFF (MCSP)



Specialist Sports Injury Physiotherapist

(FREE) Clinic Dates: Tuesday 25th February (7pm-8:30pm)

Thursday 27th February (2pm-3:30pm)

Location: Nic Costiff Clinic @

McCaulay's Health Club, PL21 9HU



McCaulay's
HEALTHCLUBS