



**WALKER CRICKET GROUND TRUST**

(Registered Charity No. 303006)

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[www.thewalkerground.co.uk](http://www.thewalkerground.co.uk)



**Adult Health & Fitness Coaching  
with  
Gary Nisbet**

**Tuesday 22<sup>nd</sup>, 29<sup>th</sup>, 6<sup>th</sup> and 13<sup>th</sup> July 2010  
7pm (1 hour)**

Join Gary our ex-Metropolitan Police personal trainer, instructor and professional personal fitness trainer for our new summer fitness classes! Whether your goal is weight loss for the summer holidays, general health and fitness or sport specific conditioning – there's something for everyone.

**Just £20 for all 4 sessions**

**FOR MORE INFORMATION TO BOOK AND PAY FOR  
A PLACE**

**Email: [sport@thewalkerground.co.uk](mailto:sport@thewalkerground.co.uk)**

**Tel: 07904 300288**