

# **TEAM GB CANOEIST FITNESS SESSION**

**WHEN: MONDAY 20TH NOVEMBER**

**WHERE: BRIDGFORD PARK**

**TIME: 6PM**

- . LEARN HOW TO SAFELY EXERCISE**
- . TRACK YOUR GOALS AND FITNESS**
- . FEEL ACTIVE**
- . GET FIT**

## **WHAT WE NEED FROM YOU ...**

- 1. DOWNLOAD THE PROLUDIC SPORTS APP**
- 2. SELECT BRIDGFORD AS HOME PARK**
- 3. BRING YOUR PHONE TO THE FITNESS SESSION**

**EVERYONE THAT ATTENDS WILL GET  
ENTERED INTO A PRIZE DRAW TO WIN  
£50 MARKS AND SPENCER GIFTCARD  
AS WELL AS MEETING SOME TEAM  
GB ATHLETES WHO CAN HELP YOU  
TRAIN AND EXERCISE!**



**SCAN ME  
TO DOWNLOAD!**

