



IT'S SPRING!

GET FIT & LOSE WEIGHT FOR SUMMER

MALL WALK

EVERY SUNDAY FROM 1 SEPTEMBER

BEDFORD

WALK BEGINS AT 7AM

REGISTER ONLINE FOR MORE DETAILS

www.gentlegiantpromotions.com

BEDFORD

Bedford Mall Walk Programme



September

Walk Instructor

Your personal walk instructor will be Niki
25 years' experience in the health and fitness industry

Assembly point FNB
Value added discounts

Bedford Mall description:

Every Sunday 7am – 9am
Gather point – Infront of Capitec
Start and finish – Infront of Capitec
Please arrive from 6h45 to log your attendance and receive
your own Value Added Vouchers
Distance of the walk will be 2.8km
Estimate time within to finish

Bedford Mall features:

Benches for rest
Drinking fountains
Bathrooms
Safe free parking
Mall Security

Program Information:

Sign in with Administrator and receive Value added Vouchers
Start 7am
Voluntary stations for alternative exercises set by Walk Instructor
Stretch and cool down
Log distance and time with Administrator
Social

