**GYM SESSIONS**

**FOR THOSE WITH ABI**

**START**

**Friday 15th February**

**And run every Friday until**

**Friday 17th May**

**(But there will be NO session on Friday 5th April as the students are on spring break)**

**WHERE - RGU: Sport**

**Garthdee Campus**

**Please come along any time between**

**10am and 12 on Friday**

If you haven't been before or if your health has changed since you last attended the gym then it would be helpful to have a note from your Doctor to say that you are fit to participate in some exercise....if your GP charges to do this then the BIG group will be happy to refund the cost of the letter.

The gym is in the RGU:sport building on the University campus at Garthdee and we look forward to seeing you there.

**If you have any questions please contact**

**Donna at d.wynne@rgu.ac.uk 01224 263398**

**Rhona at rd-123@hotmail.co.uk 07970308786**