

Free



# Nordic Walking

*Rev up your walking*

*make new friends*

*learn a new skill!*

**Weds at 11am from the Cabin on Bishops Meadow**

**Book your place on a six-week course**

- *delivered by qualified Nordic Walking instructor*
- *beginners courses will run for most of the year*
- *specialist poles will be provided*

*Suitable for all ages and fitness levels*

*Dress prepared for the weather with sturdy footwear or trainers.*

**Booking essential:**

**t: 07858 264315**

**e: [info@ignite-cic.co.uk](mailto:info@ignite-cic.co.uk)**



## Choose how you move