

Babergh Nordic Walking Classes

Don't like the gym but want to lose a bit of weight while having fun? Then why not try a 6 week course in Nordic Walking. Have a full body work out while walking in the fresh air and making new friends as well.

Each weekly session lasts an hour but is only available to six people per six week course so booking is essential.

Sudbury course Starts on Wednesday 11th January at 13:00. Meet at the Quay Theatre

Hadleigh course starts on Thursday 12th January at 10:00. Meet at the start of the railway walk Station Road Car Park.

***See how effective it is - It can work for everyone!**

Whatever your goal – if it is :-

Becoming more active

Improving your fitness levels

Losing weight

Overcoming a medical condition

Training for a specific sport or challenge

Enjoying the great outdoors

Or simply.....Meeting people and having fun!

***Nordic Walking is a great way to get your whole body moving** and to significantly improve the condition of your muscles, heart and lungs. It will boost your energy levels and help you to ward off medical conditions such as:-

Heart Disease and Stroke

High Blood pressure

Diabetes (type 2)

Bowel Cancer

Osteoporosis and Osteoarthritis

Stress and Anxiety

Obesity

For Booking details contact 01473 826622 or for further information on Nordic Walking contact Barbara Tottle on 01473 826616



*Text from Nordic Walking UK <http://www.nordicwalking.co.uk/>

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