

Nordic Walking

Stay fit and active with weekly Nordic Walks



Nordic Walking provides a full body workout that improves flexibility, posture, balance and strength. Sociable, fun outdoor exercise for better general fitness.

Every Wednesday departing at 10.45 am from Sutton

Every Friday departing at 1.00 pm from the Pavilion Cafe, Beddington Park, Church Rd, Wallington SM6 7NN

For more information and new walker registration call

020 8915 2233

Email info@ageuksutton.org.uk

Visit www.ageuk.org.uk/sutton/contact-us

- Walks are led by a fully trained Nordic Walking leader
- Beginners are taught proper Nordic Walking techniques by a qualified instructor
- Nordic Walking poles are provided
- **New walkers are requested to call ahead to register before attending a walk**