



nordic WALKING UK



“What great fun and much harder than expected, I will definitely be back!”

- **Use 90% of your major muscles, giving you a full body workout.**
- **Everyone can feel the benefits regardless of fitness level, ability, speed or age.**
- **You can burn 40% more calories by using the poles.**
- **It improves posture, takes the impact of your joints and is great for back problems.**
- **It can help with weight loss.**

**Mondays 7pm-8pm
(Meet Wendover)**

**Wednesdays 9.30am-10.30am
(Meet Wendover Woods)**

2 Hour Sunday Adventure walks - monthly

*Pre-booking essential, subject to availability.
Please call for more information*



07788568204

**jackie@jprfitness.co.uk
www.jprfitness.co.uk**

