

Flintshire Walking

Starting 24/06/2015 9.30 am



6 Week Nordic

Walking Course

- Learn correct technique and gain maximum benefit
- Whole body exercise, burning more calories, toning more muscles
- INWA instructor led and top quality poles (for use on course)
- Have fun, get fit and make new friends
- Walk in the beautiful Flintshire countryside



£20.00

Contact: Simon Jenkins

01352 702462

Email: simon_jenkins@flintshire.gov.uk