



THE CODDENHAM CENTRE

# NEW NORDIC WALKING COURSE DATES

**Sun 19th March & 26th March 10.30am - 12pm**

- Two part beginners course • Get the 'Spring' into your steps
  - Strengthen your whole body
  - Improve flexibility and posture • Lose weight

Enjoy walking in the Suffolk countryside whatever your age or fitness level. Singles, couples or groups

**'If you can walk, you can Nordic walk'**

Call or Email us to book. Instruction from £30.00

Equipment provided.

Visit [www.thecoddenhamcentre.co.uk/nordicwalking/](http://www.thecoddenhamcentre.co.uk/nordicwalking/)  
or call/text 07801699786



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A CENTRE FOR RECREATION, CELEBRATION, LEARNING, SPORT & ENJOYMENT - ACCESSIBLE TO ALL

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