



THE CODDENHAM CENTRE

GIFT

BETTER HEALTH AND WELLBEING

WITH NORDIC WALKING VOUCHERS



PERSONALISED VOUCHERS AVAILABLE FOR

GET NORDIC WALKING

Learn Nordic Walking Course in two ninety minute sessions -
£45 for two 90 min sessions (£80 for 2 people)

GET NORDIC WALKING TOGETHER

Learn Nordic Walking with a friend, partner or family - £75 for two persons

BLOCK OF TEN NORDIC WALKS

Small Friendly Groups, Instructor led around Suffolk - £60

ONE TO ONE

Private tuition £36 per hour (£54 ph for 2 people)

All equipment provided, all ages and levels of fitness welcome.

For further details

www.thecoddenhamcentre.co.uk/nordic-walking

07810699786 to discuss your requirements.



THE CODDENHAM CENTRE

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

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