

Way2Go

Adventures

Get Up, Get Out, Get Active

Come & try Nordic Walking

Nordic Walking is: easy to learn, great workout in the fresh air of the outdoors, burns 20-40% more calories, meet new friends, can be done anywhere and the most important is **AFFORDABLE.**



Learn the correct technique with our qualified instructors to gain the most benefit from Nordic Walking.

Call: 01594 831746 / 831746

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