

# Nordic WALKING

## FOR BEGINNERS

**JUST**  
**£4** per session\*

To hire our poles  
£2 extra

**every Tuesday**  
**9.30am-11am**

Lee Valley Fishers Green Car Park,  
Stubbles Lane EN9 2EF

**Nordic walking is a recognised way to turn a walk into whole-body exercise that can be done by anybody, anywhere. Once you master the technique it's a great way to improve fitness, lose weight and tone the whole body.**



**Pre Booking**  
**ESSENTIAL!**

### **BOOKING IS ESSENTIAL\***

\*your height is needed when booking

Book and pay on line at  
[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

or phone our admin team on

**01992 564226** (Monday to Friday 10am to 4pm)



EFDcsports



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**Epping Forest**  
**District Council**

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)