

# Nørdic Walking

## North York Moors and Coast

Come and join us !!

Take a **W**alk on the Wild Side and  
turn a Walk into a **W**orkout.

**L**ow impact and **VERY** effective...

**LEARN** to Nordic Walk Workshops

**Booking NOW** : 18/03/17 Cloughton

19/03/17 Dalby Forest

Regular walks; Taster sessions;  
Private Tuition; 1:1 / Small Groups



We look forward to hearing from you:



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