



**Nordic Walkers
experiences:**

*"It's an easy way to improve fitness
that's low impact on joints."*

*"Helps with posture and
aligning the body"*

"Good for mobilising stiff joints"

*"Go at your own pace
and enjoy a good chat"*

*"Dip in and out of classes"
(no need to block book)*

"No special clothing required"

*"Nordic walking poles provided
by the instructor"*

"If you can walk, you can Nordic Walk"

**Recommended by
physiotherapists
around the world for
rehab and prehab**



**Classes run from
ShIPLEY Country Park,
Nottingham University
(Main Campus) and
Rushcliffe Country Park
(Details on the website)**



**Contact Catherine Hughes, (INWA Instructor),
to book your first beginners lesson**

Beginners lessons run before or after the regular Nordic Walking sessions.