

Duffield **THURSDAY** Walk Schedule

SEPTEMBER / OCTOBER / NOVEMBER 2026

“PEP IN YOUR STEP” THURSDAYS

Meet at 9.15 am at the Weston Centre, Duffield : walk begins at 9.30

<u>DATES</u>
SEPT
10 th SEPT
17 th SEPT
18 th SEPT
24 th SEPT
OCTOBER
1 st OCTOBER
8th OCTOBER – NO WALK
15 th OCTOBER
22 nd OCTOBER
29th OCTOBER – NO WALK
NOVEMBER
5 th NOVEMBER
12 th NOVEMBER
19 th NOVEMBER
26 th NOVEMBER

**ALL WALKS START AND FINISH AT WESTON CENTRE,
WITH VARIED ROUTES IN AND AROUND DUFFIELD.**

DURATION OF WALK : 55 – 65 MINUTES

DISTANCE : 3 to 3.5 MILES

THE WALKS HAVE A BRISK PACE WITH SHORT INTERVALS OF FASTER WALKING – AIMED AT IMPROVING OVERALL HEALTH AND FITNESS – BUT THERE IS STILL TIME FOR A CHAT!

PLEASE CONTACT LARRI ON 07790 032623 FOR FURTHER INFO – OR JUST COME ALONG AND GIVE IT A TRY.

WE’D LOVE TO SEE YOU!

PLEASE NOTE THERE IS NO WALK ON 8th OCTOBER OR 29th OCTOBER.

