

NORDIC WALKING

South Wigston & beyond !



Join a class today!



**Mondays - various sessions from 1:30-4pm
Eyes Monsell, Salvation Army cafe &
Fairfields Estate South Wigston**

**Tuesdays - 11:30-1 pm at Tesco South
Wigston - canalside & park walks
1:30 - 2 pm Bassett Street centre
(short walks for health)**

**Wednesdays - 10-11 a.m. alternate
venues around Evington & Knighton Park**

**Special walks on some Thursdays
available too!**

Just ring Penny on 07502 576764 to book a place



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OADBY & WIGSTON



SPORT
ENGLAND

womentoday
health and exercise group for women

