

Get Active in The Forest

Nordic Walking

Tuesdays, 7pm

from Etwall Leisure Centre (meet in main foyer)

Price: £3 if bringing own poles, £4 including pole hire.

Used by cross country skiers for off season training, Nordic Walking can burn up to 46% more calories than normal walking. It is a low impact activity and is suitable for almost anybody.



For further information call: 01283 563483

Burton Road, Rosliston, Swadlincote, Derbyshire DE12 8JX

Get Active in The Forest

Nordic Walking

Mondays, 1pm

from Green Bank Leisure Centre (meet in reception)

Price: £3 if bringing own poles, £4 including pole hire.

Used by cross country skiers for off season training, Nordic Walking can burn up to 46% more calories than normal walking. It is a low impact activity and is suitable for almost anybody.



For further information call: **01283 563483**

Burton Road, Rosliston, Swadlincote, Derbyshire DE12 8JX

Get Active in The Forest
@ Rosliston Forestry Centre

Nordic Walking

Tuesdays, 8pm

Melbourne. Starting August 9th.
Meet at Picture of Health Gym, Derby Rd

Price: £3 if bringing own poles, £4 including pole hire.

Used by cross country skiers for off season training, Nordic Walking can burn up to 46% more calories than normal walking. It is a low impact activity and is suitable for almost anybody.



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Get Active in The Forest
@ Rosliston Forestry Centre

Nordic Walking

Mondays, 6.30pm
May - October

at Rosliston Forestry Centre.

Price: £3 if bringing own poles, £4 including pole hire.

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