

New Activities

Blisworth

Come along and give it a try!

Let's Get Moving!

Chair based exercise class to help improve strength and mobility. Suitable for people who are currently inactive.

- Wednesdays at 10am
- Blisworth Baptist Church Leisure Hall
- £4.50 per session
- Sessions up and running, come along when you can

Contact Pam 01327 350480 / jandp72@sky.com

LET'S GET MOVING!

RECALL RUN

Introduction to Nordic Walking

Nordic Walking is a low impact activity suitable for ages 8 to 80 and any size, shape or fitness level. It's fun, friendly, sociable and improves circulation, posture, balance and is gentle on the joints.

- Thursdays at 1:30pm – 2:30pm
- Thursday 28 March.
- Blisworth Village Hall Car Park
- £5 per taster session

Training session and regular walks dates to follow

Contact Kev 07958 365 914 / kev@nordicwalkingnorthampton.com

Nordic Walking Northampton

NWN

A Workout for the Mind & Body
NORDICWALKINGNORTHAMPTON.COM

Walking Football

A slower, walking version of the regular game, aimed mainly at 50+.

- Tuesdays 10:45am – 12noon
- Blisworth FC
- First Session Tuesday 5 March
- Free for the first month, £2 thereafter, includes a free tea or coffee after

Contact Kieren 01327 322078 / Kieren.Westbury@cherwellandsouthnorthants.gov.uk

