

Nordic Walking

Barshaw Park, Paisley



A fun and social activity for walkers of all ages and fitness levels.

Walks are conducted as a group led by a qualified leader,
who instructs the group in an outdoor exercise class.

Saturdays at 10.00am starting 21 June &

Mondays at 6.30pm starting 23 June .

Walking poles supplied by Jogging Buddies

Meet in the car park at the golf club in Barshaw Park, off Dalmary Drive

4 week Beginners course costs £16. Includes use of walking poles supplied by Jogging Buddies

Registration

Name : _____

Address : _____

Post code : _____ Tel : _____

E mail : _____

Please circle which session you prefer: Saturday _____ Mon _____

Entries by post to :-Jogging Buddies, Barshaw Park, Dalmary Drive, Paisley PA1 3TL

Cheques payable to "Jogging Buddies "

Or to register by phone call **0141 847 1357**

www.joggingbuddies.co.uk

Info@joggingbuddies.co.uk