



# Nordic Walking Stonehaven

Come and try Nordic Walking with an experienced and qualified Instructor. Sessions will be running on a Tuesday morning from 18<sup>th</sup> May onwards, so why not come along. It is fun, quick to learn and it helps confidence, balance and posture to name but a few. Plus, pole walking burns more calories and help to tone the arms.

**Session lasts around a 1-1.5 hours and cost £3  
(Price includes tuition and pole hire)**

**Or £1.50 if you are over 50 or have your own poles**

**MEET AT STONEHAVEN LEISURE CENTRE**

**TUESDAYS AT 9.30AM**

**LOOK FORWARD TO SEEING YOU THEN**

For further details and a medical screening form, contact:

**Carol McLaren – Active Lifestyles Coordinator**

**Aberdeenshire Council on 07917086421 or**

**[carol.mclaren@aberdeenshire.gov.uk](mailto:carol.mclaren@aberdeenshire.gov.uk)**