

NORDIC WALKING



Nordic Walking is an exercise that uses up to 90% of the body...it is done using 2 poles the same as those used by snow skiers.

The activity was developed in Europe. It began as a means for Cross Country snow skiers to 'stay fit' outside the ski season.

The Club owns 12 pairs of poles that can be borrowed on the day... (Subject to availability)

Short, long, easy or more strenuous treks are offered.

After, which everyone gathers at the Cafe for a Beverage and Snack and a chat!

Where: Brimbank Park, *Car Park A*

When: Every Friday Morning

Time: Meet at 9.20am for a 9.30 start.

Convener: Jill Kriechbaum 0431 182 713

Weather dependent NO walking if Temp 31C+ is forecast.

