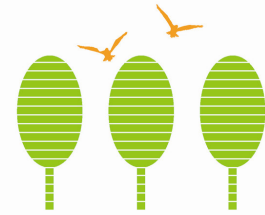


walking workouts



power walking + body conditioning

Tuesday Evening Walking Club

Did you know that research shows that early evening is the best time to exercise?

Make the most of the summer evenings, join us for a 60-minute Walking Workout on Clapham Common = power walking + body conditioning

£40 for course of 4 power walking classes

Day/Dates	Time	Level	Place
Tuesdays July 7-28 2009	7.00-8.00pm	All	Clapham Common*

* Meet Clapham Common West Side, by Bowling Green cafe

NB Walking Club course must be booked in advance (booking form attached).

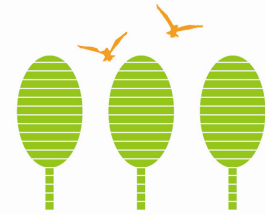
Queries?

e-mail: info@walkingworkouts.co.uk

phone: 020 7585 1344 or 07980 650 951

www.walkingworkouts.co.uk

walking workouts



power walking + body conditioning

Tuesday Evening Walking Club Booking Form

Course	Price	Cheque/cash
Walking Club July 7-28 2009	£40	

Terms and conditions:

Course may be cancelled if insufficient participants, so please tell all your friends!

All classes will take place whatever the weather (e.g. no refunds in case of rain, etc)

All classes must be taken by July 28th 2009 (e.g. not transferable to September course).

Name:

Address:

.....

Email:

Phone numbers (home + mobile):

.....

I have read, understood and accept the terms and conditions above:

Signature:Date:

Please send booking form with payment (cash or cheque payable to Suzy Kilgour) to:

Walking Workouts, The Old Umbrella Factory, 1-3 Shelgate Road,
London SW11 1BD

www.walkingworkouts.co.uk