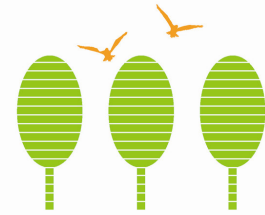


walking workouts



*power walking + body conditioning*

## **Walk+Ski Fitness Course**

**A 4-week course of Walking Workouts designed to prepare you to hit the pistes in peak condition!**

**Tailor-made to your own personal needs and schedule**

### **Includes:**

- 2 or 3 Walking Workouts per week**
- + 1 WalkAbout Workout**
- + Suzy's Tried+Tested Ski Fitness Homework Exercises**
- + Free resistance exercise band**

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**020 7585 1344**  
**07980 650 951**

**[www.walkingworkouts.co.uk](http://www.walkingworkouts.co.uk)**