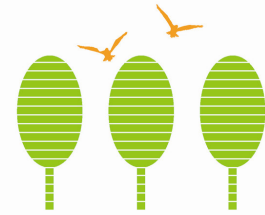


# walking workouts



power walking + body conditioning

## Walk+Slim Course

**Need to get back in shape after the summer holidays?  
This 4-week course of power walking + body conditioning exercises is designed to help you to walk away those unwanted inches!**

**September 15th-October 9th 2009**

**£110**

**2 Walking Workouts per week + 1 Weekend WalkAbout  
+ Free Resistance Band + Homework Programme  
+ Suzy's Tried+Tested Inch-Loss Tips+Cheats  
+ Weekly Personal Progress Check**

<b>Day/Dates</b>	<b>Time</b>	<b>Level</b>	<b>Place</b>
Tuesday Sep 15, 22, 29 Oct 6	9.30-10.30am	All	Clapham Common*
Friday Sep 18, 25 Oct 2, 9	9.30-10.30am	All	Clapham Common*
Saturday June 26	9.00-11.00am	All	Thames Path **

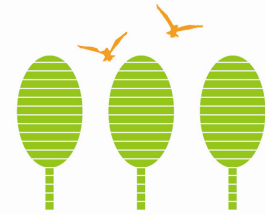
\* Meet Clapham Common West Side, by Bowling Green cafe

\*\* Meet TBA

**For more information  
e-mail [suzy@walkingworkouts.co.uk](mailto:suzy@walkingworkouts.co.uk)  
or phone 020 7585 1344 or 07980 650 951**

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

# walking workouts



*power walking + body conditioning*

## **Walk+Slim Booking Form**

<b>Course</b>	<b>Price</b>	<b>Cheque/cash</b>
Walk + Slim Sep 15-Oct 9 2009	£110	

### **Terms and Conditions:**

Full payment must be received in advance.

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

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

No refunds will be given for workouts missed, for whatever reason; no substitutions for other workouts on other dates will be permitted.

Name: .....

Address: .....

.....

Email: .....

Phone numbers (home & mobile): .....

I have read and accept the terms and conditions above

Signature: .....Date: .....

Please send booking form with payment (cash or cheque payable to Suzy Kilgour) to: Suzy Kilgour, Walking Workouts, The Old Umbrella Factory, 1-3 Shelgate Road, London SW11 1BD