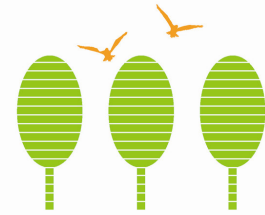


walking workouts



power walking + body conditioning

Group Workouts "On Your Doorstep"

Clapham Common not convenient for you?

or

*Maybe the days and times of the open group programme
don't suit your schedule?*

*Organise a small group of friends/co-workers/tennis club
partners/book club buddies/WI members (minimum 4
people, 4 x 60-minute workouts) and we'll come to you –
you choose the time and the place and the pace to suit your
group's needs.*

*We can even provide posters and leaflets to help you to
spread the word.*

Price: from £12 per person (based on 4 in a group)

Winter Special Offer!
Book 4 workouts, get 5th free!

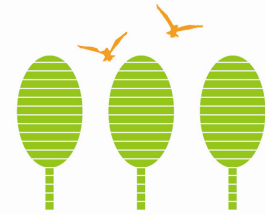
To book:

e-mail: info@walkingworkouts.co.uk

phone: 020 7585 1344 or 07980 650 951

www.walkingworkouts.co.uk

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