

Nordic Walking Course 2025



Our Nordic Walking (NW) course is conducted over 2-3 (30min) sessions learning the technique of Nordic Walking. NW is a great aerobic and strength exercise you can enjoy while outside, getting the upper and lower body moving.

We provide the course at our **Bruce** office. You'll be provided poles to borrow during your training with a view of purchasing a set after you complete the learning component.

Training Sessions are \$95 each.

Please call our office (02) 6251 2055