

THE SUFFOLK SCHOOL OF
**NORDIC
WALKING**



NEW COURSE
2024

22nd & 29th June
10.30am - 12pm

Two part beginners course for all

- Strengthen your whole body
- Improve flexibility and posture
- Aid weight loss

Enjoy walking in the Suffolk countryside whatever your age or fitness level. Singles, couples or groups

'If you can walk, you can Nordic walk'

Call or Email us to book a total of 3 hours instruction for £45.00. Equipment is provided.

Email: nordic.walking@thecoddenhamcentre.co.uk

Visit: www.thecoddenhamcentre.co.uk/nordicwalking/

Call or text: 07801699786



Nordic Walking

Nordic Walking is a whole body, aerobic exercise suitable for all, at any health level, irrespective of age or physical fitness, using and toning 90% of the skeletal muscles. It's low impact and helps improve posture, heart health and mobility.

Enhanced blood circulation, metabolism and calorie burn (up to 40% more than ordinary walking), are brilliant for aiding weight loss and safely combating obesity.

Joining a group of fellow Nordic Walkers in the Suffolk countryside is a sociable and fun way to get and stay fit.

The Suffolk School of Nordic Walking at The Coddendam Centre is working with **British Nordic Walking**, the national not for profit body affiliated to the International Nordic Walking Federation (INWA). We believe their 'Ten Step'[™] approach is the most thorough training, providing a sound basis for years of enjoyable Nordic Walking.

Classes will be conducted outside with limited numbers. Nordic Walking poles will be provided.

Your Trainer

The training will be led by local resident and qualified British Nordic Walker Instructor, **Jane MacPherson**. Along with this internationally recognised qualification, Jane also holds a Level 2 certification in Fitness Walking.

Jane, performing as Jane Marshall, has travelled the globe as a principal member of both the BBC Symphony Orchestra and the Philharmonia of London, recording and performing with some of the world's most renowned soloists and conductors. She has also performed on many 'blockbuster' film soundtracks, including several James Bond, Harry Potter, Batman and Disney films.

She was a Professor at both the Royal College of Music, The Royal Academy of Music and the Guildhall School of Music and Drama for over 30 years and it is this love of teaching and her other passion, Nordic Walking, that prompted her to step away from her playing career and qualify as an instructor with **British Nordic Walking**; the only organisation in the UK teaching the globally recognised NW technique developed by INWA.

Courses

Jane MacPherson teaches Nordic Walking from The Suffolk School of Nordic Walking at The Coddendam Centre. She has provided training in conjunction with the NHS, Macmillan Cancer Support, local venues and organisations.

Full Courses (three hours) £45 per person. Nordic walks are from £6. Personal tuition is available from £36 per hour - call for details.

We also lead a number of regular weekly walks in the East of England for all abilities plus a new annual walk in Spain.

Equipment is included in your training course, along with advice on pole adjustment and purchase.

Should you wish to purchase your own Nordic Walking poles from us, as approved British Nordic Walking Instructors, we offer high quality carbon Exel or Leki poles at competitive prices.