

PUT YOUR BEST FOOT FORWARD WITH LIFE LEISURE



WALKING TIMETABLE

Walk session information	Location	Day and Time	Support/ Collaboration	Other Information
Community Walk	Hollow end Towers – Northumberland Road, Brinnington, SK5 8NY	Monday 10.30am	AGE UK Stockport lead	Free to attend. Duration: 1.5 - 2 hour walk down into Reddish Vale. Open to members and non-members.
Confidence Walk	Woodbank Park – Top car park	Monday 1.00pm - 2.30pm	Life Leisure and AGE UK Stockport collaboration	Free. Open to members and non-members.
Nordic Walking	Vernon Park – Outside Pure Café	Tuesday 1.00pm - 2.00pm	Life Leisure IWIT Session	£3.30 bookable online or turn up. Open to members and non-members.
Confidence Walk (Indoors)	Life Leisure Avondale	Tuesday 1.00pm – 2.00pm	Life Leisure and AGE UK Stockport collaboration	Free to attend, refreshments included. Open to members and non-members.
Confidence Walk (Indoors)	Life Leisure Brinnington Park	Wednesday 10.30am - 11.30am	Life Leisure and AGE UK Stockport collaboration	Free to attend, refreshments included. Open to members and non-members.
Community Walk	Woodley Civic Hall Hyde Road, Stockport SK6 1QG	Wednesday 1.00pm - 2.30pm	Life Leisure and AGE UK Stockport collaboration	Free. Open to members and non-members.
Confidence Walk (Indoors)	Bramhall Village, Melbourne Road, Bramhall, Stockport, SK7 1LR	Thursday 1.30pm - 2.30pm	Life Leisure and AGE UK Stockport collaboration	£1.50. Refreshments included. Open to members and non-members.
Social Stroll	Life Leisure Grand Central	Friday 12.30pm - 1.00pm	Life Leisure	Free. Open to members and non-members.
Wellness walk	All details can be found via the website	Monthly walk. 1st Saturday of the month. Meet 9.45am, walk starts at 10am.	Life Leisure and AGE UK Stockport collaboration	Free. Duration: 2.5 hours Open to members and non-members.

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LIVE WELL
LIVE LIFE

WALK YOUR WAY TO A BETTER DAY

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Helping you live a more active way of life.
Live Well, Live Life, **Love Walking.**

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