

January 2018



Activities in North Dorset

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Poles Ahead Nordic Walking, near Wincanton	Weekly. Monday 9-10am	Penselwood Church (near Wincanton), BA9 8LS	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

Nordic Walking, Stalbridge and Milborne Port	Weekly. Monday 9.30-10.30am (term time only)	Stalbridge Hall, Car Park, DT10 2NS	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843
Poles Ahead Nordic Walking, Gillingham	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
Wildlife Walks with Bob Ford	Weekly. Monday 2.30-4pm	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90 minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed so please check the website for details.	£4	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473

<p>Nordic Walking, Stalbridge and Milborne Port</p>	<p>Weekly. Tuesday 9.30-10.30am (term time only)</p>	<p>Stalbridge Hall, Car Park, DT10 2NS</p>	<p>Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.</p>	<p>£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15</p>	<p>Waterproofs, suitable walking footwear, snack and drink</p>	<p>07779 620843</p>
<p>Poles Ahead Nordic Walking, Gillingham</p>	<p>Weekly. Wednesday 9.30-10am</p>	<p>Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE</p>	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clotting (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>

<p>Poles Ahead Nordic Walking, Shaftesbury</p>	<p>Weekly. Thursday. 9.30-10.30am</p>	<p>Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER</p>	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>
<p>Poles Ahead Nordic Walking, Shaftesbury</p>	<p>Weekly. Thursday. 11am-noon</p>	<p>Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER</p>	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>

Nordic Walking, Stalbridge and Milborne Port	Weekly. Friday 9.30-10.30am (term time only)	Village Hall Car Park, Springfield Road, DT9 5RE	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843
Poles Ahead Nordic Walking, Shaftesbury	Weekly. Friday. 9.30-10.30am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
Wildlife Walks with Bob Ford	Weekly. Fridays 10-11.30	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed - so please check the website for details.	£4	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473