WEEKLY
TUESDAY
1.30PM
BRISK PACE
30-40 MIN CIRCULAR WALK

PLEASE COME AND FIND OUT MORE

BOUNDARY HOUSE WALKING GROUP

Exercise reduces cancer, mental health problems, diabetes and makes you feel better!

Stay fitter for longer

Shorter 2km circuit
Longer 4km circuit
Around 40 mins

Come and join us all ages and fitness levels welcome

NEW MEMBERS WELCOME