

## New class

Alpraham and Calvely  
Village hall Thursdays

1-1.30 pm

**WALK 4000**

Walk 4000 steps in 30  
minutes to music.

£16 for a block of 4  
classes starting on 26th  
September

Walking improves your  
cardiovascular health,  
muscle and joint  
strength and improves  
balance.

Burns calories and  
stabilises blood sugar.

Reduces anxiety,  
improves sleep and  
boosts brain power.  
Supports your immune  
system.



A Low impact  
joint friendly, fun  
and sociable  
class.

To book a place or for more information call  
Vikki on 07967112895 or  
email:[vikki@huxleycf.co.uk](mailto:vikki@huxleycf.co.uk)

