

# OCL Lifestyle

Health & Physical Activity

# Nordic Walking for Fitness and Fun

Starting Tuesday  
2nd September

- The Radclyffe Athletics Centre  
Hunt Lane, Chadderton
- Oldham Athletic Stadium  
Furtherwood Road, Oldham
- Alexandra Park

*A community more  
active more often.*



# Nordic Walking for Fitness & Fun



**Tuesday 6-7pm**

**The Radclyffe Athletics Centre**

(£1.40 to enter the track)

Work on your technique in a controlled atmosphere.

**Wednesday 3-4pm**

**Oldham Athletic Stadium**

Mid week Nordic session to recharge your batteries.

**Thursday 10-11.30am**

**Alexandra Park (main car park)**

Enjoy the sights of Alexandra park.



Work your upper body whilst walking by using specially designed Nordic Walking poles. It's an enjoyable way of getting fit and gives walking a new sense of purpose.

No equipment needed (£1 to hire poles)

Suitable footwear is recommend such as a running shoe or a specific walking trainer.



**For any questions email the instructors at:  
Nordic@oldhamoutdoorpursuits.co.uk**

**Phone number:- 0161 621 7124**

**www.oldhamoutdoorpursuits.co.uk**

- The Radclyffe Athletics Centre  
0161 621 3320
- Oldham Athletic Stadium  
0161 621 7124
- Alexandra Park  
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**www.oclactive.co.uk**



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