

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. 1.5- 2 hour walk down into Reddish Vale. Open to members and non-members.
Outdoor Confidence walk	Woodbank Park – Top car park	Monday 1-2.30pm	Life Leisure and AGE UK Stockport collaboration	Free. Open to members and non-members.
IWIT Nordic Walking	Vernon Park – Outside Pure Café	Tuesday 1-2pm	Life Leisure IWIT Session	£3.30 bookable online or turn up. Open to members and non-members.
Confidence walk Indoor – Life Leisure	Avondale Life Leisure	Tuesday 1pm – 2pm	Life Leisure and AGE UK Stockport collaboration	Free to attend, refreshments included. Open to members and non-members.

Confidence walk Indoor – Life Leisure	Brinnington Park Life Leisure	Wednesday 10.30- 11.30am	Life Leisure and AGE UK Stockport collaboration	Free to attend, refreshments included. Open to members and non-members.
Social Stroll	Grand Central Life Leisure	Wednesday 12.30pm start	Life Leisure	Free. Open to members and non-members.
Community Walk	Stockport Sports Village Life Leisure	Wednesday 1-2.30pm	Life Leisure and AGE UK Stockport collaboration	Free. Open to members and non-members.
Walk in the Park	Brinnington Park Life Leisure	Thursday 9.30am	Life Leisure and AGE UK Stockport & Community collaboration	Free. Open to members and non-members.
Confidence walk Indoor - in the community	Bramhall Village, Melbourne Road, Bramhall, Stockport, SK7 1LR	Thursday 1.30-2.30pm	Life Leisure and AGE UK Stockport collaboration	£1.50 Refreshments included. Open to members and non-members.

Confidence walk Indoor - in the community	Woodley Civic Hall, Hyde Road, Woodley, Stockport, SK6 1QG	Friday 11.30am -12.30pm	Life Leisure and AGE UK Stockport collaboration	£1.50 Refreshments included. Open to members and non-members.
Monthly Wellness walk	Various Locations throughout Stockport	Monthly walk. 1 st Sat of the month. Meet between 9.30-9.45am, walk starts at 10am.	Life Leisure and AGE UK Stockport collaboration	Free. Open to members and non-members.

For any further information on any of the above walks, or a digital copy of this timetable please contact:

Lisa.Arrandale@lifelesiure.net Tel: 07800764879