



HEALTH WALKS

Starting 1st May 2026

Weekly Walk Every Friday 11:00am-12:00pm

Gentle Walk (Level 1) Join us for a relaxed, friendly walk suitable for all abilities. This gentle 30–60 minute walk takes place on a flat, easy-going route, perfect for anyone looking to enjoy some fresh air at a comfortable pace.

This is a great opportunity to meet new people, socialise and do some light to moderate physical activity. Social drinks available after the walk.

All you need is a comfortable pair of shoes and appropriate clothing for the weather.

The walk will start and end at Kirkby Leisure centre

Ask in-centre for more information.

To book:

Please use either

Everyone Active App
(please select Ashfield community as the centre, then Kingsway's Park).

OR

Contact reception
01623 457101

HELPING **EVERYONE** TO KEEP ACTIVE

everyone ACTIVE



www.everyoneactive.com