



TryNordic News

Spring has finally arrived and it is so lovely to see the buds on trees, the daffodils and to hear the birds singing, it is therapy within itself.

- A good time was had by all on our first Nordic Fitness break to Somerset. All clients had great fun, made new friends and the pictures show a happy group of people who found the experience very positive. We are pleased to offer our next holiday which will be in September. We will hold this holiday in the same area but the property will be slightly larger than the first, it will also offer more facilities too. Now taking bookings please contact Beverley on 07903 356 092
- Just recently we have been working on the website, adding more pictures and adding social media. Do try to follow us on Twitter and Face book and our blog spot as we will be offering some great deals and organising some events. 😊
- During April we are doing a photo-shoot for the Website. If you would like to participate in our photo session please do contact me – we are offering a free token to use at your leisure if you are happy to have your picture taken!!
- Trynordic will have a stand at the Kingston Community Sports Day, in Surbiton on Saturday May 7th, do come along and see us. The event starts at 13.00hrs and will be great fun for all the family.
- Just recently our fee to walk in Bushy Park increased substantially, which has made it difficult for us to retain the flexibility we offer to our clients, therefore we have revised our terms and conditions. Going forward we have increased the price to £45.00 for members and we have also increased classes to 7 sessions per week for the summer season now offering evening classes too. However, It is **important** that clients now let us know 24 hours in advance if they **can or cannot** make a class.
- Join, Juliet, Charlotte and myself for one of our Nordic Walkouts. We continue to visit some outstanding places and throughout the Spring months, we will see the bluebells, Rhododendrons, and listen to the early morning birdsong. **Everyone welcome.**

Happy East and Enjoy Nordic Walking 😊

Beverley

www.trynordic.co.uk

T: 07903 356 092