

# Community Classes and Walks

There are various community classes available throughout the District as part of the Active Lifestyle scheme again at a subsidised rate.

All of the classes are run by qualified exercise referral instructors who can tailor the class depending on your ability.

At present classes are available in the following areas;

- Market Harborough: Great Bowden
- Billesdon
- Thurnby
- Kibworth
- Houghton

There are several walks that take place throughout the district. Come rain or shine Harboroughs Healthy Walkers lead short walks inclusive to all and suitable for pushchairs wheelchairs and are **free of charge**.

If you would like further information on  
Classes and walks please call  
Francesca/Marianne  
Physical Activity Co-ordinators on  
**01858 821284**