

Walking Group

Day: Monday

Time: 8.30 – 9.15

Cost: \$10

About the class: Social

Meet at room 4 Balcombe Heights Estate for a 45 minute walk around the beautiful grounds of Balcombe Heights Estate.

This walk is suitable for beginners to intermediate fitness levels.

Sunscreen available.

Materials:

Water bottle

Comfortable clothes

Hat

Closed in shoes (joggers)

Optional materials:

Ipod

*Walking for at least 30 minutes a day provides a whole range
of health benefits*

Learning in the Hills is a project of Hills Community Aid.

The leisure learning program provides a range of tutor-led and social groups and classes for residents in the north western and western Sydney.

Location

Classes are held at Learning in the Hills, Balcombe Heights Estate

92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

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