



AUGUST 2026

**Fun,
Fitness,
Friendship
& Fresh Air**

Achieve your goals

NØRD/C
Walk it!

Get Stretch fit! Add a PureStretch class your weekly routine. This movement class combines Yoga, Pilates & Somatic stretches to improve flexibility, core strength & overall mobility. Held at Glaston Village Hall. £10 per session.

Tuesday, for all levels of fitness - 2pm for 60 minutes– 5th & 12th August

Wednesday, a little more challenging - 7.30pm for 60 minutes - 6th & 13th August

Nordic Walk it! - Please always refer to your reminder email in case of changes

Monday 3-mile Wellbeing, 9.30 am, duration 90 minutes, Instructor: Jo Douglas

03/8 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (w3w.co/dome.petulant.officials)

10/8 - Duddington, High St, nr Royal Oak pub, PE9 3QE (<https://w3w.co/fruit.rollover.blend>)

17/8 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (w3w.co/handsets.dashes.wildfires)– **Helen**

24/8 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co.uk/flight.bloggging.stand)**Helen**

31/8 - **Bank Holiday**

Tue pm Stride Out, 6.30 pm, duration 90 minutes, Instructor: Caroline Lammie

04/8 - Braunston-in-Rutland, Cedar St, nr Blue Ball Pub. LE15 8QS (w3w.co/daydream.dialects.spike)

11/8 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (w3w.co/handsets.dashes.wildfires)

18/8 - Manton, nr Horse & Jockey pub, St Mary's Rd, LE15 8SU (curl.frantic.upward)

25/8 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (dome.petulant.officials)

Wed am Stride Out, 9 am, duration 90 minutes, Instructor Graham Froggett

05/8 - Stamford, B1081, nr South Bottle Lodge, London Rd, Stamford PE9 3JT, UK (clouds.puns.dance)

12/8 - Castor, Loves Lane, Gun Wade CP, PE6 7AG. (Through Castor, up Love's Hill, branch right into carpark lane). (w3w.co/wings.turned.valve)

19/8 - Lyddington, Main Street, nr The White Hart, LE15 9LR (envisage.essays.amazed)

26/8 - Pickworth, grass verge opposite All Saint's Church PE9 4DJ (w3w.co/outsmart.backtrack.soup)

Wednesday Walk n Talk, 9.30 am, duration 90 minutes, Instructor: Helen Russell, Sue Thorp or Trish Dickenson

05/8 - Barrowden, nr Community Shop, Kings Lane, LE15 8EP (<https://w3w.co/local.skills.invoices>) **TRISH**

12/8 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co.uk/flight.bloggging.stand) **HELEN**

19/8 - Ridlington, Top Road, nr village playing fields. LE15 9AX ([///labels.tomorrow.besotted](https://labels.tomorrow.besotted)) **TRISH**

26/8 - Launde Abbey, East Norton, LE7 9XB ([///hobbyists.branch.uplifting](https://hobbyists.branch.uplifting)) **SUE**

Thursday Harborough Walk n Talk, 9.30 am, duration 90 minutes, Instructor Sue Thorp

06/08 - Medbourne, Nr Village Hall, Main St, LE16 8DT (<https://w3w.co/valid.dimension.fully>) - **TRISH**

13/08 - Market Harborough, Waterfront, Union Wharf, LE16 7UW (<https://w3w.co/cheer.stared.boast>)

20/08 - Hallaton, nr Bewicke Arms, 1 Eastgate, LE16 8UB (w3w.co/bulbs.measuring.swim)

27/08 - Wilbarston - Lay By outside Village Hall, Carlton Rd, LE16 8QD ([///doghouse.canal.informed](https://doghouse.canal.informed))

Thursday 2-mile Wellbeing, 9.30 am, duration 75 - 90 minutes, Instructor: Jo Douglas & or Helen Russell

06/8 - Easton on the Hill, Church St, PE9 3NZ (park nr All Saints Church) (w3w.co/wing.relishing.contemplate)

13/8 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) ([///hoping.intrigued.smoking](https://hoping.intrigued.smoking))

20/8 - Wothorpe Hill, Nr Wothorpe Nursery, Kettering Rd, Stamford, PE9 3JJ (<http://w3w/gently.liability.grin>) **HELEN**

27/8 - Sulehay Woods, Yarwell Rd lay-by, PE8 6PA ([///indicates.look.husbands](https://indicates.look.husbands)) **HELEN**

Fri Stamford Step up to Stride, 9.30 am, duration 90 minutes, Instructor: Helen Russell

07/8 - Ufford, park near The White Hart, Main St. PE9 3BH ([///lawns.daily.panels](https://lawns.daily.panels))

14/8 - Kings Cliffe, Park on wood lane. PE8 6YE ([///nurtures.clusters.having](https://nurtures.clusters.having))

21/8 - Little Bytham, Rassells Nursery, Station Rd, NG33 4RA (<https://w3w.co/runners.thrashing.dips>)

28/8 - Easton on the Hill, New Rd, Stamford PE9 3NN (Nr Birch Tree Cafe) (<https://w3w.co/relocated.garages.dubbing>)

Saturday Stride Out, 9.30 am, duration 90 minutes, Instructor Caroline Lammie

01/8 - Spanhoe, USAAF Spanhoe Memorial, Deene Rd, Nr Haringworth, NN17 3AT ([///physical.gymnasium.hasten](https://physical.gymnasium.hasten))

08/8 - Empingham, Main Street, nr Whitwell Road, LE15 8PS ([///dome.petulant.officials](https://dome.petulant.officials))

15/8 - Langham, Burnley Road, nr Harewood Close, LE15 7JZ ([w3w.co.uk/jeeps.thousands.cheaply](https://w3w.co/jeeps.thousands.cheaply))

22/8 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co.uk/flight.bloggging.stand)

29/8 - Apethorpe, (track nr pub leading to Tennis Courts) PE8 5DF (w3w.co/dads.amicably.plan)