



May 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– 19th, 26th

Wednesday, a little more challenging - 7.30pm for 60 minutes - 13th, 20th, 27th

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

04/5 - Bank Holiday

11/5 - Belton, Hungry Hoggs Lay-by, A47bottom of Wardley Hill, nr Belton, LE15 9AB
(<https://w3w.co/cure.sprayer.exploring>)

18/5 - Rhyall, nr Francis Court, Rutland Way, PE9 4ES (<http://w3w.co/laws.us.h.visions>)

25/5 - Duddington, High St, nr Royal Oak pub, PE9 3QE (<https://w3w.co/fruit.rolllover.blend>)

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

05/5 - Ketton. Parking on lay-by on Stamford Road just past Pit Lane (w3w.co/homecare.strumming.crows)

12/5 - No walk - CL&JD hols

19/5 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (<http://w3w.co/dreading.mergers.equivocal>)

26/5 - Ridlington, Top Road, nr village playing fields. LE15 9AX (<http://w3w.co/labels.tomorrow.besotted>)

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

06/5 - Belton, Hungry Hoggs Lay-by, A47bottom of Wardley Hill, nr Belton, LE15 9AB
(<https://w3w.co/cure.sprayer.exploring>) (For Wardley Woods walk)

13/5 - Spanhoe Lodge Café, Nr Corby NN17 3AT (100 yards past memorial) (<http://w3w.co/stint.deeds.bashful>)

20/5 - Castor Hanglands, Southey Wood carpark, Langley Bush Road, PE6 7EN (<https://w3w.co/assist.cobbles.nips>)

27/5 - Braunston-in-Rutland, Cedar St, nr Blue Ball Pub. LE15 8QS (w3w.co/daydream.dialects.spike)

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

06/5 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co/flight.blogging.stand) Helen

13/5 - Langham, nr the Village Hall, Church Street, Oakham Rutland LE15 7JE (<http://w3w.co/diets.district.reclining>) Trish

20/5 - Tugby Centre, End of Main St, LE7 9WD (<https://w3w.co/droplet.genius.showering>) Sue

27/5 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (w3w.co/hoping.intrigued.smoking) Helen

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

07/5 - Wilbarston, Layby in front of Village Hall, Carlton Rd, LE16 8QD (<https://w3w.co/received.supple.beauty>)

14/5 - Belton in Rutland, Park by Memorial, Chapel St, LE15 9JT (<https://w3w.co/superbly.chairs.them>)

21/5 - Braybrooke, Beer Co., Braybrooke Farm, Harborough Rd, LE16 8LJ (<https://w3w.co/confusion.running.hiring>)

28/5 - Tugby Centre, End of Main St, LE7 9WD (<https://w3w.co/droplet.genius.showering>) JO

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

07/5 - Wardley, Wardley House, 9 Main St, LE15 9AZ (<https://w3w.co/home.electrode.moods>)

14/5 - Thorpe By Water, Thorpe Lodge, Main Street, LE15 9JQ (w3w.co/fulfilled.cough.bend)

21/5 - Ashwell, Rutland Village Garden Centre, Ashwell Rd, LE15 7QN (<https://w3w.co/fields.legwork.shrugging>)

28/5 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (<http://w3w.co/dreading.mergers.equivocal>)

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

01/5 - Greetham Valley Golf Club, Wood Lane, CP nr the Range, LE15 7SN (<https://w3w.co/perfumes.ambushed.tries>)

08/5 - Greatford, Main St, nr The Hare & Hounds Pub, PE9 4QA (<http://w3w.co/commuted.penned.finishing>)

15/5 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (w3w.co/hoping.intrigued.smoking)

22/5 - Kings Cliffe, Park on wood lane. PE8 6YE (w3w.co/nurtures.clusters.having)

29/5 - Ufford, Main St, nr The White Hart, Stamford, PE9 3BH (w3w.co/lawns.daily.panels)

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

02/5 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<http://w3w.co/dome.petulant.officials>)

09/5 - Rhyall, nr Francis Court, Rutland Way, PE9 4ES (<http://w3w.co/laws.ush.visions>) JD

16/5 - Duddington, High St, nr Royal Oak pub, PE9 3QE (<https://w3w.co/fruit.rollover.blend>)

23/5 - Spanhoe, USAAF Spanhoe Memorial, Deene Rd, Nr Haringworth, NN17 3AT (w3w.co/physical.gymnasium.hasten)

30/5 - No walk, replaced with Sunday Adventure Walk - To be confirmed