



OCTOBER 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 (chair/standing exercises)

Wednesday, a little more challenging - 7.30pm for 60 minutes

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

05/10 - Stamford, Burghley Park Golf Club, Peterborough, PE9 3JX ([///ledge.hits.gently](http://ledge.hits.gently))

Helen

12/10 - NO WALK

19/10 - Brooke Hill Nature Reserve, Brooke Rd, LE15 6HQ ([///send.alpha.irrigated](http://send.alpha.irrigated))

26/10 - Barrowden, lay-by next to park/cricket field, 6 Wakerley Rd, LE15 8EP ([///chilling.relegate.outer](http://chilling.relegate.outer))

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

06/10 - Oakham: Burley Road Car Park, LE15 6DH (nr the park, [///nets.quarrel.quaking](http://nets.quarrel.quaking))

13/10 - NO WALK

20/10 - Stamford, Bath Row, PE9 2QY, UK (w3w.co/cooks.filer.places BRING HI-VIS JACKET)

27/10 - Oakham: Burley Road Car Park, LE15 6DH (nr the park, [///nets.quarrel.quaking](http://nets.quarrel.quaking))

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

07/10 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (w3w.co/dreading.mergers.equivocal)

14/10 Elton, Duck St, PE8 6RQ (nr The Crown pub)

21/10 - Market Overton, The Lodge, Main Street. LE15 7PL ([///chum.lush.stubborn](http://chum.lush.stubborn))

28/10 - Cold Overton, Gates Garden Centre, Somerby Rd, Oakham LE15 7QB ([///sobered.regaining.results](http://sobered.regaining.results))

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

07/10 - Rhyall, The Green Dragon, The Square, Ryhall, Stamford PE9 4HJ, UK (w3w.co.uk/protected.paths.turntable) **TRISH**

14/10 - Tugby, Cafe Ventoux, Tugby Orchards, Wood Ln, LE7 9WE ([///wash.overt.received](http://wash.overt.received)) **SUE**

21/10 - Spanhoe Lodge Café, Nr Corby NN17 3AT (100 yards past memorial) ([///stint.deeds.bashful](http://stint.deeds.bashful)) **HELEN**

28/10 - Wymondham Windmill, Butt Lane, LE14 2BU

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

01/10 - Market Harborough, Waterfront, Union Wharf, LE16 7UW ([///cheer.stared.boast](http://cheer.stared.boast))

08/10 - Glooston, Bluebell Ln, Market Harborough LE16 7SQ, UK ([///partner.helped.slings](http://partner.helped.slings))

15/10 - Great Bowden, Nr The Church, Sutton Rd, LE16 7ET ([///lush.building.hairspray](http://lush.building.hairspray))

22/10 - Braybrooke, Braybrooke Beer Co., The Tap Room, Braybrooke Farm Harborough Rd, LE16 8LJ (w3w.co/dimes.grumbling.glows)

29/10 - Great Easton, Park nr 'The Great' Cafe, High Street, LE16 8ST (<https://w3w.co/dressy.evaporate.apartment>)

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

01/10 - Clipsham, Yew Tree Avenue CP, Castle Bytham Rd, LE15 7SE

08/10 - Burghley House main car park, Stamford PE9 3JY, UK ([///slack.intensely.hours](http://slack.intensely.hours))

HELEN

15/10 - Easton-on-the-Hill, Stamford rd, A43 Main Rd Lay-by, ([///glorified.prance.skimmers](http://glorified.prance.skimmers))

22/10 - Barrowden, lay-by next to park/cricket field, 6 Wakerley Rd, LE15 8EP (w3w.co/chilling.relegate.outer)

29/10 - Wothorpe Hill, Nr Nursery, Kettering Rd, Stamford, PE9 3JJ ([///gently.liability.grin](http://gently.liability.grin))

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

02/10 - Witham on the Hill, nr Six Belles, Main Street, PE10 0JH (w3w.co.uk/smoke.challenge.premises)

09/10 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB (w3w.co/jammy.wisely.admiral)

16/10 - Easton-on-the-Hill, Stamford rd, A43 Main Rd Lay-by, ([///glorified.prance.skimmers](http://glorified.prance.skimmers)) **JO**

23/10 - Rhyall, nr Francis Court, Coppice Road, PE9 4YH ([///hooks.mulls.galloping](http://hooks.mulls.galloping))

30/10 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP ([///dreading.mergers.equivocal](http://dreading.mergers.equivocal))

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

03/10 - Easton on the Hill. Park on High Street near the Blue Bell. PE9 3LR

10/10 - Braunston, Wood Lane, nr Blue Ball Pub. LE15 8QS ([///daydream.dialects.spike](http://daydream.dialects.spike))

17/10 - Uppingham, 54 Newtown Rd, LE15 9TS, UK (CP after School turning) w3w.co.uk/breathy.urge.resonates **JO**

24/10 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP ([///dreading.mergers.equivocal](http://dreading.mergers.equivocal))

31/10 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ ([///flight.bloggging.stand](http://flight.bloggging.stand))