



Weekly Walking Sessions

Oaklands Walking Group

Every Monday

9:15am - 10:15am

Meet by Outdoor Gym

Session lead: Zabbin Nisa

Shard End Walking Group

Every Monday

10:15am - 11:15am

Meet by steps on Packington Avenue

Session Lead: Sally Bynoe

Nechells POD Walk

Every Monday

9:00am - 11:30am

Meet at The POD

Session lead:TBC

Billesley Common Walking Group

Every Monday

11:15am - 12:00 noon

Meet at The Meridian Centre

Session lead: Michelle Smith

Rookery Park Run & Walk

Every Tuesday

8:30am - 9:30am

Meet at Western Road entrance

Session is community led

North Solihull Walk to Run Group

Every Monday

7:00pm - 8:00pm

Meet at North Solihull Sports Centre

Session lead: Sue King and Sam Robinson

For more information visit www.theaws.co.uk/Step-back-out or get in touch via email at sally.bynoe@theaws.org





Continued.....

Aston Park Women's Walking Group

Every Tuesday

9:15am - 10:15am

Meet at children play area by Trinity Road

Session lead: Sally Bynoe

Shard End 5K+ Walking Group

Every Friday

10:15am - 11:30am

Meet by steps on Packington Avenue

Session Lead: Sally Bynoe

Sheldon Country Farm Walk

Every Thursday

1:00pm - 2:00pm

Meet at The Farm

Session lead: Jamie Harper

Find out more at www.theaws.co.uk/our-activities/ for details on session, venues and more.