

Corso di Nordic Walking



Luogo

Veneto, Padova

<https://www.annunci.it/x-59173-z>

Nordic Walking Friends organizza corsi di gruppi e individuali.

Il Nordic Walking, una delle attività sportive più complete e alla portata di tutti. Imparando la tecnica corretta si riesce ad avere un elevato coinvolgimento muscolare ed un efficace lavoro cardiocircolatorio ottenendo enormi benefici per la propria salute psicofisica.

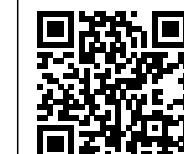
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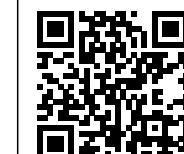
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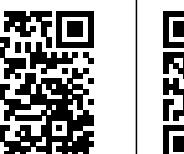
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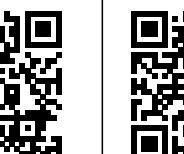
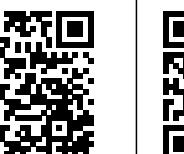
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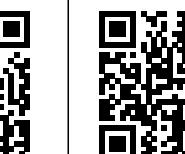
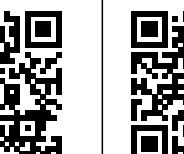
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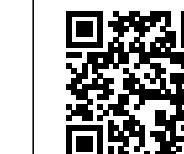
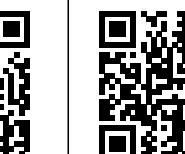
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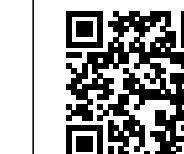
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