



URBAN POLING®



Nordic Walking for Active Older Adults and People with Parkinson's

Interested in working on your gait, balance, posture and confidence while walking? Urban Poling certified instructors can help you safely learn to reap the benefits of walking with poles including:

- improved balance
- upright posture
- normalizing gait pattern and speed
- increased confidence while walking
- better core strength
- burning 20-46% more calories while walking

*this class is designed to work on walking skills and will not be focused on speed, distance, or calories burned

Participants will be using loaner Activator Poles in class. These are a special pole which is preferred in class. 10 participant max. Locations are in Bellingham and will be shared with participants. Pre-registration is required.

POLING FOR ACTIVE OLDER ADULTS

DATES: September 1 - 22

DAYS: Thursdays

TIMES: 1:00pm

LOCATION: Zuanich Park

WHATCOM FAMILY YMCA
whatcomymca.org | 360 733 8630

Register online or at the YMCA Welcome Desk