



URBAN POLING® POWER-UP

Power Up for Overall Confidence and Fall Prevention



Urban Poling Activator Poles are not just for walking. Join us in the Y's gymnasium for some fun, dynamic seated and standing exercises with poles. Using these specialized poles while exercising helps to encourage an upright posture while supporting both sides of your body. The specialized ledge on the handle also promotes core strength.

This 60 minute class will start with a warm up followed by seated and standing exercises that can help improve your balance and stability. From there we will spend approximately 20 minutes walking, and finish up some gentle stretching.

October 5 - 26

November 2 - 23

November 30 - December 21

Tuesdays, 10:30-11:30am

Bellingham YMCA Gymnasium

\$20/session

10 person maximum/First come/first serve registration at the Welcome Desk. Participants will be using loaner Activator Poles in class.

WHATCOM FAMILY YMCA

360-733-8630

Register online or at the YMCA Welcome Desk

www.whatcomymca.org