

## GET OUTSIDE - HAVE FUN - FEEL GREAT - SOCIALIZE WHILE YOU EXERCISE

“ . . . Positive encouragement, knowledgeable guidance, laughter, a light atmosphere, gentle stretching, and new friends = a mental and physical health boost . . . ” – Lynne M, 76

## Outdoor Nordic Pole Walking & Gentle Stretching Classes (2 types)

**Activator Pole Walking** may be appropriate for/benefit those who:

- are not active, less active, or scared to begin/return to exercising
- have balance, coordination, gait difficulties or issues
- have minor visual limitations
- have limited grip strength
- struggle with obesity
- have recently recovered from a lower body injury
- are in post hip and knee surgery stages, and who have been under care of a health professional during recovery
- are in moderate to mid stages of chronic neurological conditions that result in mild coordination, stability and balance issues (such as Alzheimer's and other Dementias, stroke, Parkinson's and MS)

\*Please consult your health care professional before attending class and using the Activator poles if you currently use a cane, if you sometimes use a walker, or if you have any medical condition.

### **FALL 2021 Activator Classes**

Thursdays 2:00pm-3:00pm  
Session #1: Dates: Sept 16,23,30, Oct 7  
Session #2: Dates: Oct 21,28, Nov 4,18

Fridays 12:00pm – 1:00pm  
Session #1: Sept 17,24, Oct 1,8  
Session #2: Oct 22,29, Nov 5,19

### **Urban Pole Walking**

- you can walk 30 minutes or more unassisted
- low-impact, full-body workout
- 20-40% more calories burned than regular walking
- pre/post-natal walkers
- improve balance, flexibility, core strength, posture
- add more gusto to your walking routines
- manage type 2 diabetes and breast cancer
- train to walk longer distances



### **FALL 2021 Urban Poling Classes**

Mondays 6:00pm-7:00pm (Blue level = Intermediate)  
Dates: Mondays Sept 13,20,27, Oct 4,18,25, Nov 1,8

Wednesdays 11:00am-12:30pm (Blue level = Intermediate)  
Dates: Sept 15,22,29, Oct 6,20,27, Nov 3,10

Thursdays 12:00pm -1:00pm (Green level = Beginner)  
Dates: Sept 16,23,30, Oct 7,21,28, Nov 4,18

Fridays 9:00am-10:30am (Blue level = Intermediate) Sept 17,24,  
Oct 1,15,22,29, Nov 5,19

## **SNOWSHOEING**

Gentle introductions/adventures for older adults to resume in late November

Indoor classes to resume January, 2022 • NoodleSteppin (beginner line-dancing to fun 60's music) • Osteofit classes • Indoor Pole Walking and Light Circuit Work