

URBAN POLE FITNESS WALKING CLASSES



The popularity of Urban Poling is rapidly increasing as more people become aware of the tremendous health and fitness benefits. It is a great way to enjoy the outdoors while improving your health and fitness. Urban poling can burn up to 50% more calories than traditional walking and increases the heart rate by 30%! Urban Poling uses 90% more upper body muscles than regular walking, strengthening your core and improving your posture. This exercise is low impact and very beneficial for chronic knee and back pain. Join us this summer! We will try different parks and walking areas and we organize one monthly hiking trek as well!

Tuesdays/Mondays 7:00-8:00pm at St. Vital Park (meeting at the Duck Pond)
Thursdays 10:00-11:00am at Kings Park (meeting at the main Parking Lot)

Cost: \$45.00 per month/once a week –without poles
Urban Poles SPECIAL PRICE \$89.00- available through A2K Fitworks

SUMMER PROGRAMMING-

June 8-29 Tuesdays at 7:00pm-St Vital Park (4 classes)
June 3-24 Thursdays at 10am-Kings Park (4 classes)

Below the Tuesday classes change to Monday

July 5-26 MONDAY at 7pm (4 classes)
July 8-29 Thursdays at 10am (4 classes)

August 9-30 MONDAY 7pm (4 classes)
August 5-26 Thursdays 10am (4 classes)

Monday's class on Sept 6(Long weekend) will be changed to Tuesday Sept 7

September 7 Tuesday-27 Monday 7pm (4 classes)
September 9-30 Thursdays 10am (4 classes)



A2K Fitworks, Where Fitness is Fun!

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