

# Nordic Pole Walking Classes

( \*poles provided, or bring your own!)

## Benefits of Nordic Pole Walking:

- ✓ Improves posture
- ✓ Increases core strength
- ✓ Tones legs, glutes, and arms
- ✓ Increases caloric expenditure during *and* after exercise
- ✓ Builds bone mass
- ✓ Releases stress
- ✓ Improves cardio, gait and balance
- ✓ Relieves neck, leg, foot, and lower back discomfort ... leaves you feeling great!



**To Register:** Call YWCA registration **905-522-9922**

**For More Information:** Email: [fitness@ywcahamilton.org](mailto:fitness@ywcahamilton.org)

***Additional community locations coming soon!***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Classes	1:30-3:00pm  (Hamilton Beach—Meet at Hutch's)	1:00-2:00pm  (Burlington—meet at La Salle Towers Bldg)		12:00-1:00pm  (Hamilton Mtn—Meet at St. Joe's West 5th by tennis courts)	12:00-1:00pm  (Hamilton Mtn—Meet at St. Joe's West 5th by tennis courts)	9:30-10:30am  (Gage Park—meet at Ottawa St. YWCA)
Ottawa Street YWCA Classes		10:45-11:45am		10:30-11:30am	12:00-1:00pm	