Introduction to Nordic Walking for Balance and Freedom

Are you looking for Balance and the Freedom to get around daily in your life? To get off your cane, walker or are healing from an injury? Are you unsure how far you can walk safely and know you may need to rest often?

In this class you will learn to utilize Nordic Walking poles for Balance, improve posture and discover the freedom to walk in your daily life. You will discover the technique that makes the most difference for you in feeling secure and balanced. This class is intentionally small to give you more attention. Each class is designed to build upon your skills to get you started and have you discover what is possible.

**FOR:** People new to Nordic Walking who are coming off walker or cane, healing from an injury or walking continuously is challenging

**Where:** Parking lot of the Aquatic and Fitness Center

**Sign-Ups** Contact Erin Dorn, AFC Coordinator @ x7772 or erin.dorn@panorama.org

**Tuesdays & Thursdays**
10:30am – 11:00am
(30 min)
4 classes
$85

**Must Attend first 2 classes**

Session 1: Sept 1, 3, 8, 10
Session 2: Oct 6, 8, 13, 15
Skill Building Guided Practice

**Balance and Freedom**

**Tuesdays & Thursdays**

**10:30am – 11:00am**

**(30 min)**

**6 classes**

**$120**

**Session 1:** Sept 15, 17, 22, 24, 29, Oct 1

**Session 2:** 20, 22, 27, 29, Nov 3, 5

Building upon what you have learned in your introduction class, you will **learn and improve on your Nordic Walking techniques for balance, strength, posture and building endurance.**

This small class is specifically designed to teach tactics and skills to get around campus and beyond.

This may include curbs, grass, gravel, dirt, stairs, and preparing for travel and these are optional to practice.

Also great for past students who want to refresh on their Nordic Walking skills.

FOR: returning and Continuous students who are still building their skills, balance, and walking continuously

WHERE: Parking lot of AFC and beyond

SIGN-UPS: Contact Erin Dorn, AFC Coordinator @ x7772 or erin.dorn@panorama.org
Introduction to Nordic Walking for Balance and Fitness

Tuesdays & Thursdays
9:30am – 10:20am
(50 min)
4 classes
$110

Session 1: Sept 1, 3, 8, 10
Session 2: Oct 6, 8, 13, 15

Are you looking for more balance while walking?
Would you like to enhance your walking workout to include the upper body?
Do you want a low impact exercise?
Learn to Nordic Walk and improve on your Posture, Build Bone Density, Strength and endurance.
Walk faster with more freedom and ease!
This class is specifically designed to teach you the basic of Nordic Walking Technique and get you started on your journey of more freedom and ease wherever you go!

**Must Attend first 2 classes

FOR: People new to Nordic Walking who already walk frequently or workout
Where: All over campus
Sign-Ups: Contact Erin Dorn, AFC Coordinator @ x7772 or erin.dorn@panorama.org
Building upon what you have learned in your introduction class, you will learn and improve on your Nordic Walking techniques for balance, strength, posture and building endurance. This class is designed to teach you how to enhance fitness, and use the poles on and beyond campus.
This includes tactics for maneuvering curbs, grass, gravel, dirt, stairs, and preparing for travel.
You will discover how Nordic Walking is social, meditative and a great workout if you choose. Also great for past students who want to refresh on their Nordic Walking Skills.

**Tuesdays & Thursdays**
9:30am – 10:20am
(50 min)
6 classes
$145

**Session 1:** Sept 15, 17, 22, 24, 29, Oct 1
**Session 2:** 20, 22, 27, 29, Nov 3, 5

**FOR:** Returning and Continuing Students

**Where:** All over campus

**Sign-Ups:** Contact Erin Dorn, AFC Coordinator @ x7772 or erin.dorn@panorama.org