

Join this 8-week class to learn how the activator poles can help you improve your gait, posture, balance, strength and walking ability. Pre- and post- program balance testing is included.

# POLE WALKING for Fall Prevention & Rehab

This class is open to anyone interested in learning the Activator Technique.

**Day:** Tuesdays

**Dates:** January 10 – February 28

**Time:** 12:15-1:00p.m.

**Location:** Indoor Track

**Cost:** \$80 Members/Non-members

**Instructor:** Becky Robel



Register at the Member Services desk in person or by calling 515-226-9622.