

# Activator Pole Group Training



**Learn the basics of pole walking in a group setting.** Find out how using Activator poles can enhance your walking routine and lifestyle. **Benefits of using poles:**

- Increased balance & stability
- Improved posture
- Increased core strength
- Increased walking tolerance
- Increased independence in activities
- Increased confidence
- Decreased stress, anxiety and depression

**Class size:** minimum 4 maximum 10 participants.

**Upon completion of this class or if you have pole walking experience, join our Pole Fitness class on Wednesdays at 1:00pm. Free for members.**

## ACTIVATOR POLE GROUP TRAINING

- Day:** Fridays
- Date:** April 5-26
- Time:** 9 - 9:45 a.m.
- Cost:** \$40 Members  
\$60 Non-Members
- Location:** Mind & Body Studio

For more information, or to purchase poles, visit the Member Services desk or call 515-226-9622.