

Urban Poling Walking Course

**6-Week Course Being Offered At The
Canadian Centre for Activity and Aging**



Turn Your Walk into a Full-Body Workout!

- Urban Poling involves walking with specialized poles with a rubber boot tip that absorbs vibration for walking on asphalt and propels you forward.

With Urban Poling you can burn 20-46% more calories. Poling involves all the major muscles, especially the core muscles.
- It also reduces stress to your hips, knees and ankles and improves stability, balance and posture.
- It is easy to learn, fun and suitable for people of all ages and fitness levels.

Upcoming Course

Start Date: Wednesday September 29, 2010

End Date: Wednesday November 3, 2010

Time: 3:30pm-4:30pm Every Wednesday

Location: Canadian Centre for Activity & Aging

Cost: \$130.00 (Includes a pair of poles you get to keep)

For more information on Urban Pole Walking

Please Contact:

Sarah Merkel, Certified Urban Pole Walking Instructor

519-719-0987 or smerkel2@gmail.com

To register for the course, please call or visit Barbara at the Canadian

Centre for Activity & Aging

1490 Richmond St. London, ON N6G 2M3

519-661-1603 or bkaluzny@uwo.ca

Please Register for Course by September 24, 2010