

You're invited to join  
our group

# For Nordic Pole Walking Classes



It's a great way of improving cardiovascular fitness while improving posture and balance. You use 90% of your body muscles so you burn off more calories than regular walking.

**Where:** 25 Royal  
Crest  
Court

**When:** Tuesdays  
(Starting April 18)

**Time:** 1:00 pm

**Cost:** \$15.00  
per class

Sign up with any MLC  
Staff Member