

Join Becky Robel for this 5-week class and learn how the activator poles can help you improve your gait and posture. Pre- and post- program balance testing is included. Poles will be provided for the duration of the class and participants will be able to take them home for practice.

New exercise option for Parkinson's.
Poles provided.

URBAN POLING

Day: Mondays

Dates: November 1-29

Time: 1-1:45pm

Location: Indoor Track

Cost: \$50 Members/Non-members

Instructor: Becky Robel

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

NEW

EXERCISE OPTION for *Gloves OFF*



*Burn up to 46%
more calories with
every step*

Evidence based Activator® Poles



*Improved posture,
balance & stability*



*Engage your core
muscles immediately
through our CoreGrip®
handles*

Urban Poling is one of the fastest growing forms of fitness and rehabilitation in the world and is recognized by top fitness and healthcare professionals to be game changing for your mind & body!



~Turn page for class information~

FDA
REGISTERED