



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Nordic Walking

Tired of walking alone, outdoors in the MN weather? Looking for a new way to motivate yourself and others to get moving? Try Nordic Walking indoors at the Y! A walking club is a good way to expand your workout group and improve overall health. Nordic Walking is perfect for active older adults, anyone with a diagnosed movement disorder such as Parkinson's, or if you are just looking for a new, fun way to get moving. The group will meet the 3rd and last Wednesday of the month starting November 21st at the upstairs wellness desk and walk on the indoor track through March.

Contact Leslie for more information.



November 21 - March 27

1:00 - 2:00 PM

3rd and Last Wednesday of the Month

Program Fee:

Members : FREE

Non - Members : \$30

Nordic Walking

Name: _____ Date of Birth: _____ Male/Female _____ Phone # _____

Address: _____ City: _____ Zip: _____ E-mail: _____

Emergency Contact: _____ Phone #: _____

I have attached a check for the registration fee.

Yes, I give the YMCA permission to take pictures of me participating in this program

Signature _____ Date: _____ Staff Initials _____

Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made less than 7 days prior to the scheduled start date No refunds will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.