

Come to Fleet Feet
to learn about

NORDIC WALKING

with poles



Saturday, February 11th
10:00 AM

Anyone, in any shape and at any age, can benefit from Nordic Walking! It is great for cross-training, decreasing muscular imbalances, and strengthening the whole body and cardiovascular system.

By learning how to use the specially-designed poles, you will experience great health benefits and lower your risk of injury!

This clinic will be led by Annette Tannander Bank, a former Olympic high jumper and heptathlete from Sweden. Annette has been a Nordic Walking National Coach since 2005 and is excited to share this life-changing activity with all of you!

FLEET FEET
Sports

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