WALK THIS WAY

A FREE URBAN POLE WALKING GROUP

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|  |  | Discover a new way of walking!Urban pole walking is a fun and effective low impact, full-body workout for people of all ages and fitness levels.Everyone is welcome!No experience required! |

## Tuesdays

## Image result for chapples park map thunder baySeptember 26 to November 7 6:00 pm -7:00pm meet at Chapples Park Parking lot

Poles are available to borrow

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| Image result for tbifc |  | register or for more information contact Lisa Lester at 807-345-5840 ext 9084 |