

Nordic Walking Wichita



June Classes

Classes taught by our Certified Nordic Walking Instructors.

Call or email Connie for more information at 316-252-1877 or parkinsonsconnectks@gmail.com.

Weekly Wednesday Classes

Starts the First Wednesday each month

Up to 4 classes/month
12 - 1 pm

\$50/month

Riverside Park

**Enter the park on the West side, off of Nims Road*

New Members welcome!

Empowered Senior Series

Second Thursday each month

Senior Series Event:

10 - 11:30 am

Nordic Walking Time:

11:30 - 12 pm

**must have prior training and your own poles*

This event is FREE!

Botanica Gardens

RSVP @ empoweredsenior.org

Private Lessons

Personal training session with poles

1 session: \$150

Nordic Walking Activator or Fitness poles included

Call or email for details

Follow us on Facebook for updates on times and events.

 @ Parkinson's Connect

