

Stride & Thrive Walk for Health Class



Tuesdays

11:30am - 12:30pm

Gymnasium with Nicole Melissa Morin

Join us for this invigorating class designed to enhance balance, agility, and overall strength through walking! Using specially designed walking poles, you'll engage your entire body while participating in different challenges using the poles, steps, and obstacles.

This workout is suitable for all fitness levels, improving your core stability and coordination while decreasing stress and increasing mood!

Please wear sneakers or walking shoes for class, no other equipment required.

Worcester



Jenna Ventura, Fitness Director

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