

Beginning Racewalking



REV UP YOUR WALK WITH
Bonnie Stein, M.Ed., CPTS Named by *Walking Magazine* as
one of the top Racewalking Instructors in the country

Tuesdays 5:15-7:15 PM

Begins **September 8th** for 6 weeks. Class meets **9/8, 9/15, 9/22, 10/6, 10/13, 10/20**

(Please note that there will be a make-up class on **Oct. 27th** if needed due to severe weather).

Where: Taylor Park in Largo (1100 8th Ave. SW) Shelter #1

To get to Taylor Park: Take Ulmerton Road west to 113th Street (Clearwater-Largo Road). Turn right (north) to 8th Avenue. (If you get to East Bay, you've gone too far). Turn left (west) at 8th Ave. Cross the Pinellas Trail. Turn left into Taylor Park. Meet at Shelter #1.

Fee: **\$77 if postmarked by August 26, 2009**
 \$87 if postmarked between August 27 and September 4, 2009
 \$97 if postmarked after September 4 or paid day of class (*if space is available*)

- ♠ Learn how to turn your regular walk into a workout
- ♠ Discover how you can **be fit, burn fat, tone muscles**, and condition your heart and lungs by utilizing the style of the racewalker
- ♠ Determine **your correct walking pace** to get the results you want
- ♠ Learn how to pick a proper walking shoe and sock, how to prevent injuries, how to rev up your metabolism, how to protect your back and knees during exercise
- ♠ Get all the benefits of running without the impact to your body

Better than regular walking! You'll learn new racewalking techniques that will rev up your metabolism and change your walk into a workout at a pace that's right for you. Beginners welcome!
Please see registration form on back.

Visit us at www.AceWalker.com
Or call 727-394-WALK





Bonnie Stein, M.Ed., CPTS National Masters Racewalk Award Winner, Certified Personal Training Specialist (Fitness Institute International), author and Walking Consultant. Bonnie has been featured on CNN, the Tampa Tribune, St. Pete Times, Tampa Bay's Channel 10, Atlanta Journal/Constitution, Good Day Atlanta, Channel 11 News (Atlanta), Prevention Magazine, Self Magazine, Walking Magazine, Women's Sports and Fitness Magazine, Sesame St. Parents Magazine. Bonnie is a recipient of the National Masters Award in the Presidential Sports Award Program, and a writer for Running Journal Magazine. She has published more than 200 articles on walking and fitness.

Learn All the Beginning Racewalking Techniques By the End of 6 Weeks!

Learn a new racewalking technique each week. Join us Tuesdays from 5:15-7:15 PM, for 6 weeks in Taylor Park in Largo. Parking is free. Wear sneakers and comfortable walking clothes. Come dressed for the weather. Please make sure you have eaten a healthy snack 1½ hours before class. Bring water bottles in your car.

**Class will begin on Tuesday, September 8th
Register soon! Class size is limited!**

To register, please complete and mail in the form below.

For information call Bonnie Stein at (727) 394-WALK or email Bonnie@AceWalker.com

\$77 per person if postmarked by August 26st, 2009

Beginning Racewalking Class Fall 2009

\$87 per person if postmarked between August 27th and September 4th, 2009

\$97 per person if postmarked after September 4th or paid at first class (*if space available*)

No Refunds

Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Birthday _____

Address _____

City, State _____

Zip _____

E-Mail _____

Please make check payable to **Bonnie Stein** and mail to:

209 East 176 Avenue
Redington Shores, FL 33708