

# 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

## **Wednesdays 5:30-7:30 PM**

Begins **September 9<sup>th</sup>** for 6 weeks. Class meets **9/9, 9/16, 9/23, 10/7, 10/14 10/21**  
(Please note that there will be a make-up class on **Oct. 28th** if needed due to severe weather).

## **Where: North Shore Park (901 North Shore Dr., St. Pete, 33701)**

Meet by the picnic tables under the big trees on the south side of the North Shore Pool parking lot.  
Free parking. Arrive early.

**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](http://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 Wednesdays from 5:30-7:30 PM, for 6 weeks at North Shore Park in St. Pete. 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 Wednesday, September 9<sup>th</sup>  
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](mailto:Bonnie@AceWalker.com)

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 \$77 per person if postmarked by August 26<sup>st</sup>, 2009      **St. Pete Beg. Racewalking Class Fall 2009**  
 \$87 per person if postmarked between August 27<sup>th</sup> and September 4<sup>th</sup>, 2009  
 \$97 per person if postmarked after September 4<sup>th</sup> 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