

Racewalking for Fitness and Fun!

With **Bonnie Stein, M.Ed.,CPTS**
Named one of the top Racewalking Instructors
in the country by *Walking Magazine*

**BONNIE WILL SHOW YOU HOW EASY IT IS TO START
A WALKING PROGRAM AT YOUR OWN PACE!**



- ♠ Have you gone on diets just to gain back the weight you've lost?
- ♠ Would you like an easy and fun way to get in shape?
- ♠ Do you want to enjoy your exercise and look forward to it?
- ♠ Are you not losing weight from your regular walking program?
- ♠ Are you a former runner who wants a walking workout that's gentle on your knees and back?
- ♠ Do you want a stress-free, low-impact and safe way to get fit?
- ♠ If you answered yes to any of the above, then racewalking is for you!

You Don't Have to Race to Racewalk!



Better than regular walking! Racewalking is a technique – not a speed! 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! Go to www.AceWalker.com for a registration form.



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.

Bonnie teaches group racewalking classes, private lessons, and wellness corporate seminars. Bonnie can also do a motivation session for your organization or workplace.

- ♠ 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 racewalking style
- ♠ Determine **your correct walking pace** to get the results you want
- ♠ Learn how to choose 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
- ♠ Learn **proper stretches** for walkers

**Call for a private lesson with Bonnie Stein.
Rev up your walk and get more benefits!
Private lessons available all year!**

\$50 per hour for one person: \$40 per hour when you sign up for 4 hours
\$75 per hour for two people; \$55 per hour when two people sign up for 4 hours together

**Group classes start in January/February, April/May,
September/October**

Group classes: \$77 per person. Class meets once per week for 6 weeks!



**Visit us at www.AceWalker.com
Call today (727) 394-WALK or Bonnie@AceWalker.com**