

WALK STRONG Event Schedule

**September 11 & 12, 2010 • Greenfield, WI
City of Greenfield Parks & Recreation
Venue address: 7515 Coldspring Rd., 53220**

Saturday September 11:

➔ **INTENSIVES:** *Pre-registration is required for these intensives at www.nordicwalknow.com.*

- 8am-noon: Nordic Walk Now INSTRUCTOR TRAINING PROGRAM (ITP) *for qualified teaching and fitness professionals; see website for criteria .4 ACE ceCs*
- 1-4pm: Nordic Walk Now WALK TO LIVE WORKSHOP (WTL) *for everyone*
- 9am-5pm: Nordic Walk Now MASTER FITNESS (MF) *advanced education only for those who have completed the ITP .7 ACE ceCs*

➔ **SPECIALTY WORKSHOPS:** *Register on site for these Specialty Workshops.*

- 12:30-1:30pm *Intro to Nordic Walking* with Tom Rutlin and Malin Svensson
FREE SESSION for beginners!
- 1:45-2:45pm * *Stability, Stamina, and Strength for Seniors* with Christine Schnitzer, Nordic Walk Now Team Trainer: \$15 per person
- 3-4pm * *Graduated Length Strength* with the Nordic Walk Now Team Trainers--some Nordic walking experience is necessary; (intermediate cardio, strength and flexibility) \$15 per person
- 4:15-5:15pm * *Total Fitness Boot Camp* with Suzanne Nottingham & Michael Cohee, Nordic Walk Now Team Trainers (intermediate to advanced workout) \$15 per person

➔ **NORDIC WALKING, INLINE SKATING & SKECHERS DEMOS: FREE!** *Try out Nordic walking and trekking poles, Rollerblade inline skates and Skechers Shape ups or take a mini lesson in our demo area.*

9:30-11:30am & 2-4pm

Sunday September 12:

For fitness and teaching professionals only. These two 75-minute sessions require a **\$15 donation the Greenfield Parks & Recreation Dept.** These sessions are open to any teaching and fitness professional who holds a Nordic walking instructor certificate from any education organization. *Register on site for these sessions; be prepared to present a copy of your teaching certificate to participate.*

9-10:15am *Nordic Walking North America Certification Prep* with Executive Director Malin Svensson

10:30-11:45am *Exerstride Method for Professional Instructors* with Exerstrider founder Tom Rutlin

- **Wear appropriate walking or running footwear, a hat, sunscreen, bring a lunch and water.**
- **For each intensive and paid workshop hour attended, you will receive one raffle ticket as part of your registration!**

FOR MORE INFORMATION ABOUT **WALK STRONG**
contact Suzanne Nottingham
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