



## Rise and Shine with Enhanced Nordic Walking Tone UP

Saturday May 29, 8:00 – 9:00 am



- ✓ Increase core awareness
- ✓ Reduce negative impact to knees and feet
  - ✓ Increase posture awareness
  - ✓ Burn calories more efficiently
- ✓ Reduce negative impact to knees and feet

*Tina Ramsden is a Certified Nordic Walking Instructor, Certified Personal Trainer,  
Registered by Yoga Alliance E-RYT, BSE (Bachelors of Science and Education),*

Hotel guest, day guest and Mirbeau Members are FREE:  
Open to the public \$15.00  
No RSVP Needed