

FIT TO THE CORE



Feedback from participants.....

Thanks so much for organizing the inaugural meeting/adventure of "The Sisterhood of the Traveling Poles". It was a lot of fun. Our outing on Saturday provided a wonderful opportunity to make new acquaintances, keep the chat, and get an amazing workout in the process.

Kathryn

Thank you so much for the opportunity to discover 'poling'. The walk was invigorating and the company was wonderful.

Helene

My first exposure to pole walking was wonderful. What a great opportunity to enjoy the outdoors, exercise, and meet new people.

Susan

Thanks for the "push" to get me moving!

Sue

"Life is a Workout"