

-Nordic Walking-

Kilometro Rosso, in collaboration with the Orobie Nordic Walking Association, is offering all Resident Partners discounted "on-campus" Nordic Walking sessions.

Company Orobie Nordic Walking a.s.d.

Benefits Orobie Nordic Walking is a sports association dedicated to promoting the learning and practice of Nordic Walking—a discipline aimed at improving both physical and mental well-being.

The activity involves the use of poles that help coordinate the natural movement of the lower limbs with the pushing motion of the upper limbs. Thanks to the natural and simple movement involved, as well as the possibility to practice it virtually anywhere, Nordic Walking is suitable for people of all ages and fitness levels.

The sessions are open to everyone and take place directly at Kilometro Rosso.

How It Works: The sessions will be held in the Kilometro Rosso park, with the meeting point at GATE 4, in the "laghetto area" located behind the Mario Negri Institute. Sessions will take place weekly as follows:

- Every Tuesday from 7:00 PM to 8:30 PM
- A **Beginner Course** with a certified instructor is available for those new to Nordic Walking.

Beginner Course (€60.00) Designed for those interested in getting started with Nordic Walking, this preparatory course includes: 3 lessons, each lasting 2 hours, with a certified instructor, Equipment rental (poles), Membership to the association, Insurance coverage, One free entry to a Nordic Walking session.

Participation in the sessions requires the purchase of an **Entry Pass Package**, with flexible attendance: one session is deducted from the total for each session attended. A package of 10 sessions is available for €50.00. To attend the sessions and be covered by insurance, participants must also purchase an **annual membership card**.

For information and registration, please contact the association.

Contact Orobie Nordic Walking a.s.d. – Via Carducci, 9 – 24127 Bergamo
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Validity From November 2021

NORDIC WALKING

Orobie Nordic Walking is a sports association that, thanks to its team of qualified instructors, has been a point of reference for years in Bergamo and the surrounding area for anyone wishing to learn, practice, or refine their Nordic Walking technique.

The association offers its members a variety of weekly activities focused on wellness and fitness. All programs aim to improve technique and enhance movement execution. Participants can choose the activity best suited to their goals and fitness level from the following options:

- **BEGINNER COURSE:** A foundational course for those new to Nordic Walking. A certified instructor will teach the proper use of the poles, specific movement techniques, and explain the main benefits of this sport.
- **RHYTHMIC NORDIC WALKING:** This dynamic variation combines Nordic Walking with music and rhythm. It enhances the natural sense of rhythm within each person, applying it to walking. Movements include micro-motions performed to a specific beat, helping participants feel lighter, more fluid, and better coordinated.
- **NORDIC POWER:** A modern training method that uses weighted poles and special power bands to increase muscular engagement, boost cardio activity, and enhance fat burning.
- **WELLNESS WALKS:** Guided Nordic Walking sessions through forests or hilly landscapes, led by one or more instructors. These walks focus on improving technique, promoting mental and physical well-being, and encouraging social interaction.
- **EXCURSIONS:** Snowshoe hikes and mountain excursions accompanied by certified hiking or environmental guides.