

# Experience the FUN way to walk for Health and Fitness. Join us for Leslie Sansone's WALK LIVE indoor aerobic walking at Airtastic Playland!



**What is Walk Live?** Walk Live is the live version of Leslie Sansone's indoor aerobic walking program which has been helping people get fit for over 25 years. With just four basic steps, participants get a heart-pumping, calorie-torching aerobic workout. Participants use all muscles in the body by incorporating simple arm movements, which help build workout intensity and provide strength training. Each session begins with a warm-up to prepare the body for more intense exercise, and ends with a cool-down to safely bring the heart rate and breathing back to normal.

**Why choose Walk Live?** All Walk Live classes are held indoors, so there are no harsh elements to deal with when exercising. Classes are geared toward those who enjoy walking for fitness and weight loss, and are appropriate for all ages and levels of fitness – men, women, teens, and children can benefit from Walk Live classes.

**What do I need to Walk Live?** Just a good pair of walking/fitness shoes, comfortable clothing – and YOU!! A towel and bottle of water are recommended. Firm Bands will be provided for those classes that incorporate extra strength training.

**How long are Walk Live classes?** Classes are presented in 2 and 3 mile formats:

Two mile class = approximately 30 minutes.

Three mile class = approximately 45 minutes.

**What is the cost for Walk Live classes?** All classes follow the same pricing structure:

First Class: FREE  
\$7.50 for an individual class (drop-in fee)  
\$30 for a package of 5 classes  
\$50 for a package of 10 classes

Want to know more? Email your questions to [kristakelchstudios@gmail.com](mailto:kristakelchstudios@gmail.com).

Take the first step! Register online for Walk Live classes today at <http://www.airtastic.com/walklive.html>

