



ChiWalking is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer. ChiWalking makes walking easier by utilizing proper body alignment and injury-prevention techniques. The ChiWalking techniques will give you a powerful sense of balance and stability, while teaching you to relax and conserve energy at any walking speed!

Walking is such a basic every day movement. The benefits are far reaching when your walking form is improved. The ChiWalking techniques are for people of every level, whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event.

In the ChiWalking Workshops you will learn:

- The 5 Mindful Steps of ChiWalking
- Posture, Alignment
- Injury prevention techniques
- Lower body & upper body focuses
- Moving forward, Cadence
- Loosening exercises
- Conserving energy at any walking speed
- Adapting to uphill and downhill walking

Important Notes for all Workshops:

- Advance registration is required.
- Maximum 15 participants
- 4-Wk Workshops: If you need to miss a session, contact the instructor. A 30 min make-up session will be offered at no charge, just prior to the start time of the next class.



Pat's Personal Training

Pat Reichenbach

ChiRunning & ChiWalking Certified Instructor
Bachelor of Science, Physical Education
ACE Certified Personal Trainer
IFTA Certified Senior Fitness Specialist

Get Started Today!

(919) 753-5734
Pat@PatsPersonalTraining.com
www.PatsPersonalTraining.com

ChiWalking Workshops

Co-sponsored by New Balance® Raleigh and New Balance® Durham
Register for all workshops at www.chiwalking.com

2010 Schedule updates coming soon!

Schedule your own Workshop for 3-12 people: \$125 per person. Be the one to organize the group and get a 15% discount. Total of 4 hrs can be scheduled as a 4-Week Workshop, 2-Week Workshop or Half-Day Workshop. Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina, NC. Contact Pat.

Business owners: Wellness Program rates are available for you and your employees. Contact Pat for details. Raleigh, Cary, Apex, Fuquay-Varina, NC.

ChiWalking Personal Training

Personal Training Rates
1 hr: \$75.00 2 hrs: \$140.00 3 hr Package: \$180.00
4 hr Package: \$220.00

Shared Training Rates – Maximum 3 people
1 hr: \$99 3 people @ \$33 each or 2 people @ \$49.50 ea.
3 hr Pkg: \$285 3 people @ \$95 each or 2 people @ \$142.50 ea.
4 hr Pkg: \$375 3 people @ \$125 each or 2 people @ \$187.50 ea.

Notes:

- Your Personal Training sessions can be located in Raleigh, Cary, Apex, Holly Springs, Fuquay-Varina, NC. or surrounding areas. There will be a trip charge of 50c per mile added for locations exceeding 25 miles from Fuquay-Varina, NC.
- ChiWalking instruction can be held outdoors at your home or at a public facility such as a park. Additional cost will apply if the desired facility charges a fee for use. Discuss location & facility use prior to scheduling.
- 3-4 hours are needed to cover the ChiWalking basic skills.
- New clients must schedule at least 2 hrs of personal training.
- Please make checks payable to Pat Reichenbach.
- Contact Pat to schedule your personal training.