



Gazelle Sports

Kalamazoo Clinic Series

Connecting you to a healthy life!
Spring/Summer 2011

Gait Analysis

Thursdays, February - April and July - October, 5 pm and 6 pm

One-on-one comprehensive analysis and assessment with videotaping to address your specific needs.

Facilitated by K Valley Orthopedics, a division of Healthcare Midwest.

Cost is \$75. Registration required.

Contact Artis Freye at afrey@GazelleSports.com.

Good Form Running

Wednesdays, 6 pm

Overview of the most important biomechanical issues influencing running form today. Gain the tools you need to run easier, faster and injury free.

FREE! Registration required. Visit GazelleSports.com to register.

Injury Wise: a FREE injury clinic

First Tuesday of every month, 6-8 pm

10 minute, one-on-one meeting with a sports medicine professional.

FREE! No registration required.

Nordic Walking Clinics

Fourth Tuesday of every month, March - October, 6 pm

Overview of Nordic walking techniques and benefits followed by a walk downtown. Nordic walking poles are provided for the clinic.

FREE! Registration required.

Contact Dana Schmitt at dschmitt@GazelleSports.com.

Wellness Clinics

Third Tuesday of every month, 6 pm

Various health and wellness topics presented by area health professionals.

FREE! No registration required.

Check out the latest from Gazelle Sports in *What's Afoot*, our monthly magazine, in stores or online at GazelleSports.com/info/101-What'sAfoot.html

April

- April 5 Injury Wise: a FREE injury clinic
with Kalamazoo Orthopaedic Clinic
- April 12 Katie McGregor at Boston Spring Blast Off, 7 pm
presentation at Kalamazoo Public Library, Van Deusen Room
- April 16 Social Walk & Shop, 9 am
for walking program participants and K Valley Walkers
- April 19 Wellness Clinic: Core Strengthening
with Agility Physical Therapy & Sports Performance
- April 26 Nordic Walking Clinic

May

- May 3 Injury Wise: a FREE injury clinic
- May 17 Wellness Clinic: Cross Training
with CrossFit AZO
- May 24 Nordic Walking Clinic

June

- June 7 Injury Wise: a FREE injury clinic
- June 16 Ultra-Marathoner, Buzz Burrell
speaking from his marathon experiences
- June 21 Wellness Clinic: Bike Fit
with Agility Physical Therapy & Sports Performance, LLC
- June 28 Nordic Walking Clinic
- June 28 Summer Apparel Clinic, 6:30 pm
*for Summer Safari and KAR Fast Track participants,
others welcome*

All clinics listed here are free to attend and take place at 6 pm at Gazelle Sports in Downtown Kalamazoo, unless otherwise noted.
