



THESE SHOES WERE MEANT FOR WALKING

ONE STEP AT A TIME, OUR NEWEST GROUP,
IS A WALKING FOR FITNESS GROUP.

MEET US AT EMRICSON PARK IN THE LOWER PARKING
LOT BY THE PONDS OFF OF SOUTH STREET .
(NEAR THE PLAYGROUND)

WE WILL EXPLORE THE PATHS ON THE PARK.
BRING YOUR WATER BOTTLE!

ALL FITNESS LEVELS WELCOME!



BEGINNING JUNE 20TH

Mondays

10-11a.m.

Questions-call Laura

(815) 338-0125

