




Walkie Talkies

WITH MONICA

FRESH AIR FRIENDSHIP EXERCISE

As the leaves turn golden, and the air becomes crisp, let's keep getting our heart rate up and getting our bodies ready for the onslaught of pie & holiday cookies!

Wednesdays
9-10am



Meet at Emricson Park, at the lower parking lot off of South Street, next to the playground. We will walk weather permitting. Grab your hat & gloves and get your steps in!