



**FREE Weekday Walking Program begins Oct 1st and runs until the end of March. Mondays – Fridays from 9:00-10:30 am in the City Gym.**

Walking is one of the best exercises for all age groups and has lots of health benefits. If you can spare fifteen minutes every day for walking, it is sure to help you maintain a healthy weight. But in many places, the weather is not favorable for many months and that forces people to remain indoors. That is why the Parks Department has decided to open the city gym free of charge to any adult who would like to get some exercise during the cold months.

Participants can enter the glass door on the West side of the building and sign in on the wooden door each day you attend. If you are the last to leave the gym please turn off the light in the south west corner of the gym. Questions call 824-6069. 1 Mile = 20 laps