



Weekday Walking

October 3rd – March 31st

8:30-10:30am

City Gym 128 E. Market St.

FREE Weekday Walking Program begins Oct 3rd and runs until the end of March.

Mondays – Fridays from 8:30-10:30am 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 southwest corner of the gym.

Questions call 824-6069. 1 Mile = 20 laps

