

LAP WALKING



INFORMATION

Come out for an hour of walking in the auditorium with some catchy tunes. No need to worry about rain, heat, snow, or ice!

Put pep in your step and start the day on the right foot.

We play a selection of upbeat 60s and 70s music to keep you motivated.

MEMBER
\$2.50

NON-MEMBER
\$4.50

Try the first
program free

DROP IN PROGRAM
REGISTRATION NOT
REQUIRED

Thursday
8:30am-9:30am