

IMPORTANT! KEEP THIS ALL SEASON!



Walking Club

Stay fit with some brisk walking inside the Vaughan Athletic Center. Walk the track for an hour and track steps. This is a great program to boost health while socializing with friends. **The goal of this program is to participate in a low impact workout while increasing overall health and wellness by developing a walking pace that meets individual fitness levels.**

Program Leader	Claire Kelly-Howes clairek@fvsra.org
Location:	VAC, Aurora 2121 W. Indian Trail
Date(s):	Thursdays, Feb 16-Apr 5
No Program Dates	
Time:	3:30pm-4:30pm
Program Code:	312-6010-0-4

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments, etc.) Failure to wear appropriate workout attire will result in the cancellation of the session and it will not be rescheduled.

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