

IMPORTANT! KEEP THIS ALL SEASON!



Walking Club: Session 1

Gear up for a great cardio workout as we challenge ourselves to beat each week's laps with some brisk walking! **The goals of this program are to improve cardiovascular endurance and confidence.**

Program Leader	Marcella Anderson/Claire Howes marcellaa@fvsra.org claireh@fvsra.org Marcella: 630-770-4717 Claire: 630-433-1443
Location:	Vaughan Athletic Center Walking Track 2121 W. Indian Trail, Aurora
Date(s):	Thursdays- 2/9-5/11
No Program Dates	3/30
Time:	3:15pm-4:15pm
Program Code:	317-6010-1-4

Location	Pick Up	Drop Off
SCS	N/A	5:00pm
WP	2:05pm	4:50pm
BCC	NA	4:35pm
TC	2:30pm	N/A
If meeting at site	3:15pm	4:15pm

Notes

- SO Powerlifting p/u is combined with Walking Club trans

IMPORTANT! KEEP THIS ALL SEASON!