

# WALK Aerobics

Taking the best features from low impact, aerobic style, group exercise, **Walk aerobic** class keeps it “easy” to follow but effective. It’s designed with “walking based” moves so that all fitness levels, all ages, all ‘walks’ of life, can do it! 30min. class. LOTS of fun!  
A great opportunity to try something new! Instructor: Alana (*NEW*)

**WEDNESDAY, MARCH.14 AT 12:00PM**

**\$5.00/ MEMBER \$8.00/ NON-MEMBER**

Register  
**NOW!**

