



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER WALKING GROUP

WALK OUTSIDE WITH THE NSYMCA WALKING GROUP
Tuesdays & Fridays beginning June 13th, 8:30 – 9:30 am
Meet in the NSYMCA Lobby

If you'd like to start walking outside this summer join the NSYMCA Walking Group. We'll walk outside during nice weather and will follow each walk with a stretch session.

Outdoor Walking

We'll meet in the NSYMCA Lobby on Tuesdays & Fridays at 8:30 am and walk a mile loop either once, twice or three times depending on your walking ability.

Non-Members Welcome

The walking group is free to NSYMCA members. Because we are dedicated to the health and well-being of the community we will open the walking group up to non-members for \$20 for the summer - that is \$1.25 per walk! Register at the NSYMCA.

Register to Stay Informed

If you're interested in joining the Walking Group, please email Karen Brownlee at kbrownlee@nsymca.org to be on the list so that we can contact you if we're not walking due to inclement weather.



A part of the NSYMCA ADULT PROGRAMMING SERIES

For more information contact:
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