

New for 2010...



This way to sign up!

2ND THURSDAY OF THE MONTH
11:30 AM - COMPLETION

The Walking Club is a lunch time instructor led walking group that meets monthly to walk 2 miles*.

Joining the club is easy!

Call the Fitness Center to sign up then meet in front of the Fitness Center on the second Thursday of the month (starting 1/14/09) at 11:30 am.

NEW WALKING COURSE EVERY MONTH

*First walk is 1.5 miles

Call the Fitness Center at [562-797-3612](tel:562-797-3612) to sign up!
Pick up a brochure at the Fitness Center or at our display board near the Café.