



New Session

FITWALK

Tuesdays Jan 7 – Mar 18

12:15 – 1:00pm

Cost \$115.00

11-weeks

Drop-in fee of \$12.00

Join Paula for a 45-minute indoor cardio walking program! This program will have you moving to the beat of the music while having a blast! You will get all the benefits of cardio, balance and strength in the safety of the indoors. This is an easy-to-follow program (no tricky dance moves) that is suitable for anyone. Class will conclude with a nice stretch.