

**ANNOUNCING A FREE
WALKFIT PROGRAM
AT MCKELLAR COMMUNITY
CENTER**

**START DATE IS MON. NOV. 7TH. INDOORS.....
EVERY MON. WED. FRI. 10AM TO 11:30 AM**

**THERE WILL BE OPTIONAL WARM UP EXERCISES
FOLLOWED BY WALKING TO MUSIC.
SUITABLE FOR ALL AGES AND FITNESS LEVELS**

**WE SUGGEST YOU WEAR LOOSE COMFORTABLE
CLOTHING AND PLEASE BRING **CLEAN INDOOR**
WALKING SHOES AND YOUR OWN BEVERAGE.**

**FOR MORE INFORMATION CONTACT
JUDY @ 705-389-1289 OR ELAINE 705-389-1761**