

Village of University Park Parks & Recreation Department



Indoor Walking Club

7 BENEFITS OF WALKING

**LOSE WEIGHT, HEALTHY HEART, INCREASE METABOLISM,
TONE MUSCLES, INCREASE ENERGY & LOW IMPACT**



Tuesday, Wednesday and Thursday

February 13 until March 27, 2018

90 Towncenter Drive

For additional information contact: 708-534-4837 or 78-534-4823