

NEWTOWN TOWNSHIP PARKS & REC BOARD is hosting a



FREE "WALK 15" EXERCISE CLASSES

Wednesdays- July 10th, 17th, 24th & 31st

From 10am to 11 am

At Drexel Lodge Park
4140 West Chester Pike,
Newtown Square, PA



Music is the heart of a *Walk 15®* class. When you are walking to the beat you are burning calories, improving balance, strengthening bone, and improving lung and heart function!

This is an aerobic workout that is appropriate for any age or fitness level!

Walk 15® brings the fun to working out with walk moves set to the beat of current and oldies music that inspires energy and has a calming effect at the cool down and stretch.

All you need is a good pair of walking shoes, water and a towel!

Barb Campbell, Master Walk 15® Instructor, Insured

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GOOD MORNING WALK CLASS to Music!

Grab a friend and join us!

walk▶15®