

# WALKING CLUB

**Reduce stress, burn calories, build muscle strength & increase your cardiovascular health**

**JOIN US FOR SOME SIMPLE WARM-UPS  
AND SOME FUN WALKS!!**



**Starts on Tues., Sept. 8, 2009**

**Days: Mon–Thurs.**

**Time: 7:00-7:45 p.m.**

**Place: Southwest corner  
of the Camarena Library**

**Fee: FREE**



**For more info. call the  
Recreation Office at 768-2176**

