

**WALK YOUR WAY TO FITNESS**  
**INTERMEDIATE, INDOOR**  
**WALKING SESSIONS**  
**CHASE ELDERS ROOM**



LOCATION: ELDERS ROOM

SESSIONS START AT 12 NOON.

**APRIL SESSIONS: MONDAY APRIL 1**

**WEDNESDAY APRIL 3, APRIL 17 & WEDNESDAY APRIL 24.**

FREE FOR ALL ALIB MEMBERS/COMMUNITY/STAFF.

BRING YOUR CLEAN SNEAKERS, COMFORTABLE CLOTHES. SMOOTHIES WILL BE SERVED  
AFTERWARDS .

PLEASE CONTACT DAIDRI MARR, FOR ADDITIONAL INFO 250-679-7726 (2372)