



## WALK THIS WAY

New in **December!** The goal is to comfortably walk 20-30 minutes, 5 times per week at the end of **6 weeks!** This program is ideal for Elders; persons needing to get some exercise and strengthen muscles you haven't used in a while! Starts:

Tuesday	December 5th - <b>6-7pm</b>
<b>Friday</b>	December 8th - <b>6-7pm</b>
Tuesday	December 12th - <b>6-7pm</b>
Thursday	December 14th - <b>6-7pm</b>
Tuesday	December 19th - <b>6-7pm</b>
Thursday	December 21st - <b>6-7pm</b>

Tuesday	January 2nd - <b>6-7pm</b>
<b>Friday</b>	January 5th - <b>6-7pm</b>
Tuesday	January 9th - <b>6-7pm</b>
Thursday	January 11th - <b>6-7pm</b>
Tuesday	January 16th - <b>6-7pm</b>
Thursday	January 18th - <b>6-7pm</b>

ALRCC Gym - Adams Lake Indian Band

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