



2001 Municipal Court
Harrison City, PA 15636
(724) 392-4555

Mon-Fri, 9:00am-4:00pm
www.ptarc.org
Facebook.com/ptrecreation

Questions? Call us, we're here to help!

**REGISTER ON-LINE
ON OUR WEBSITE:
WWW.PTARC.ORG**

WELLNESS WALKERS

Ages 50 & Up

This 45 minute low intensity aerobic-based class will have you stepping and walking to the beat of the music. Movements will be easy on the joints, but still leave you with a good sweat! The main focus is on improving mobility and cardiovascular health.

Instructor: Adroit Athletics Instructor

Location: Adroit Athletics

145 Evergreen Road in Level Green

Time: Tuesdays, 10:00-10:45 am OR

Thursdays, 10:00-10:45 am

Dates: April 11-May 16 OR

April 13-May 18

Fee: \$20

