



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

Mon-Fri, 9:00am-4:00pm  
[www.ptarc.org](http://www.ptarc.org)  
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# 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**

