



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EVERYWHERE IS WALKING DISTANCE IF YOU HAVE THE TIME

- Steven Wright

## WALKING CLUB

THURSDAY MORNINGS AT 10 am (*starting February 2019*)

**Wear loose comfortable clothing, walking shoes and bring a water bottle, especially if we are walking outside.**

**Classes will include walking on the track, walking outside (weather permitting), walking on the treadmills, plus tips on posture, gait and alignment. Join us.**

PATCHOGUE FAMILY YMCA | YMCA.ORG | 631.891.1800