

WALK FOR FITNESS

Lace up your walking shoes and head to the Brock gym...to walk, get fit, and be active! No matter your pace, come out and **“WALK FOR FITNESS”** with us! Get your steps in and help promote the Healthy Davie Challenge!

MONDAY-FRIDAY

BROCK RECREATION CENTER | 8:30-9:30AM

FEE: FREE | AGE: ANY



Questions contact: 336-753-8326