

WALKERCISE

By Jane Larsen

Become healthy, fit and firm with this motivating indoor walking program.

Great music accompanies high-spirited walking activities, enjoyable body sculpting and relaxing stretches.



Feeling Good Is Just Steps Away!!!

Mondays 6:30 – 7:30pm

\$64.00 – 8 week class

March 12th – April 30th ~ Session II (makeup date 5/7)

Bring a towel, water bottle & 2 or 3 lb. dumbbells

Lower Macungie Recreation/Programs is pleased to be offering the following:

WHAT: Walkercise

WHEN: Session II Mar. 12th – Apr. 30th (makeup 5/7)

WHERE: Lower Macungie Community Center

COST: \$64.00 – 8 week class

Registration limited to 12 people per class

REGISTRATION: NAME: _____

ADDRESS: _____

HOME PHONE & CELL#: _____

E-mail ADDRESS: _____

Please make check payable to: Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062
ATTN: Community Center

Register: Lower Macungie Community Center ~ Monday-Friday ~ 8am-4:30pm

Addition Information: 610-966-6924

Cancellation Policy: No refund for cancellation made two weeks (or less) from first date of class.



www.lowermac.com

FOR TOWNSHIP USE ONLY

PAID: _____

CASH: _____ **CHECK:** _____