

# Walking Fit

## Join our Walking Fit Class Today!

- Walking is a great way to get some exercise.
- Join our Walking Fit group for a healthy, easy exercise option.
- Enjoy some social interaction and exercise out in the natural elements.

## Class Details

- Every Tuesday at 5:30-6:30pm.
- Meet in front of the Northern Ivy Rehab Allendale Clinic.
- Begins with guided dynamic warmups.
- Members walk 4-5 laps around a small living community- average 2 miles.
- Ends with guided cool-down stretching.

### Contact Information

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- Terri Jeurink, Clinical Director

