



**“I LIKE TO DO IT
WITH MY BEST
FRIEND.”**



**WHO DO
YOU
WALK
WITH?**



**Get Movin' St. Joseph,
Heartland Regional Medical Center,
and
St. Joseph Family YMCA**

**Invite you to a community walk at the Shelter near
the playground at Hyde Park
5:30 PM on Tuesday May 6th & Wednesday May 7th**

News from the St. Joseph Family YMCA

WALK REEBOK
Tuesdays & Thursdays starting June 3 at 5:30 - 6:30 p.m.
This collaborative program between YMCA of the USA and REEBOK International Ltd. Includes the latest information on walking technique, new physical screening tests, new stretching and strengthening exercises, mini lectures, participant handouts and walking workouts. YMCA and other locations to be announced by instructor. Don't just walk...workout!
YMCA Members: FREE Activity Fee (Non-member fee): \$48.00

WATER WALKING
Monday through Friday 9:30 - 10:30 a.m.
Exercise with minimal stress to your joints in our Water Walking class where 30 minutes of water walking is comparable to 1 1/2 hours of walking on land.
Members: FREE Activity Fee (Non-member fee): \$48.00