



# Blazing Turtles Walking Group

Winter Dates: December 2021 to March,

This walking program is designed to enhance health with a social twist for older-adults. Blazing Turtles Walking Group members will log the number of designated laps they walked around the park each week; every week, results will be updated on a program progress chart. Group members will be eligible for walking incentives, earn prizes, ending with a Blazing Turtle Walking Group participation

- Cost:** FREE Sign-Ups are required
- Ages:** 55 years and up
- Days:** Any day or time you want to walk
- Times:** Group meets every four weeks
- 10:00am**
- Chart Progress:** Weekly in the Office



**Sign-Up in Recreation Center Office or Online at:**

