

walk 15[®]

15 Minute Big Calorie Burning Miles!

From The Creators of Walk at Home[®]



WALK 15[®] takes group fitness to a new level. It is a low impact, multi muscle, calorie torching, walking based workout - with very effective results! Anyone - all fitness levels can do it!

Why WALK 15?[®] It is our special feature! The music is paced so 15 minutes signifies the time (speed/pace) of most miles... an average pace of 4 mph. Move in many different directions, add a strength component and the result is a high calorie, health enhancing, FUN workout!

MONDAYS and WEDNESDAYS

Class Starts January 8th at 12:30 p.m.

Call Mason County Health Department (606) 564-9447 to register

www.walk15.com | info@walk15.com

