

WALKING TOGETHER IN THE COMMUNITY



Walking Group WAYNESBORO AREA YMCA

FREE AND OPEN TO THE PUBLIC...BRING A FRIEND

Have you recently decided it's time to start incorporating more
OUTSIDE exercise into your day?

Do you know that walking can benefit your mind, spirit and body?

Join our walking group! We are getting outside to walk through
the community, build friendships, increase aerobic activity, and
improve our psychological well-being.

WHEN*: Tuesday & Thursday: 3:45PM

LOCATION: All walks begin at The Cookie Beck Memorial Pavilion
(Cookie's Corner)
Waynesboro Area YMCA, 810 East Main Street, Waynesboro

***Schedule subject to change, weather permitting.**

For more information visit our website and/or contact the Y: 717-762-6012