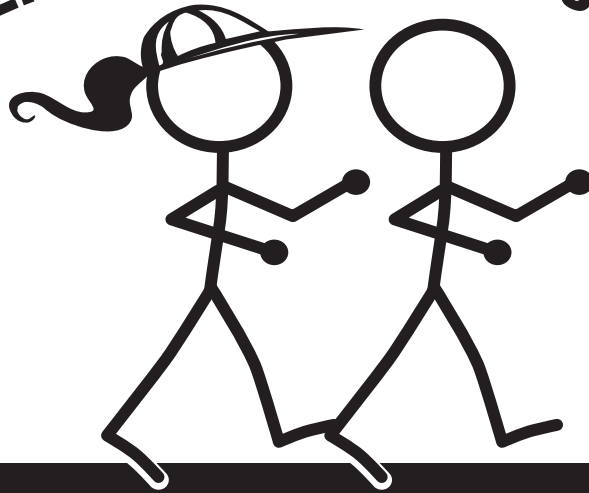


BEGINNING RACE WALKERS BEND (KNEES) FOR NO ONE!



FREE
PROGRAM

Sundays from 8:05 a.m. - 9:00 a.m.
Mondays from 5:00 p.m. - 5:55 p.m.
at Magnolia Park

Beginning Race Walking at Magnolia Park is a 55-minute walking workout starting at the Magnolia Park office. The program focuses on proper race walking technique and is for anyone who would like to gain maximum exercise benefits from their walking workout.

It's never too late to improve your gait!

**For pre-registration and more
information, call 407-886-4231**

Magnolia Park
2929 S. Binion Rd., Apopka, FL 32703

www.OrangeCountyParks.net
www.OrlandoMagicOCFLGyms.net



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.

