



# WALK OR RUN WITH US!

We welcome walkers and runners of all ages and abilities. These programs are a great way to meet people, share fellowship and spend time outside on your fitness goals. These groups are free for WW YMCA Members.

Starts November 24! Make a reservation on mY Time or contact Membership Services (509) 525-8863.

Meet in the Y parking lot by the canopy (reservation required). Groups limited to multiple groups of 5 people. Start with a Y staff lead warm up and finish with a cool down. Rain or shine.

## WALKING GROUPS

Tuesday & Thursday

8:30 – 9:30 AM

9:30 – 10:30 AM

New 1 mile route daily.

## RUNNING GROUP

Tuesday & Thursday

12:00 – 1:00 PM

New 4-6 mile route daily.

For more information contact Adam at [AKlingenberg@wwymca.org](mailto:AKlingenberg@wwymca.org)