



Y aren't YOU Walkin' on Wednesdays with the Y?

Grab your shoes and meet us by the Four Seasons Park on Main St. and 16th St. in Lombard every Wednesday at 12:00 for a 30 min. walk around the track.

We will start on Wednesday October 9,
weather permitting.

Remember to check with your doctor before starting a new fitness program if you have health problems or have been inactive for awhile. Whatever your fitness goals, take them one step at a time. Use a pedometer to track goals based on your fitness level. Better health and fitness can be just steps away!

TRI-TOWN YMCA

1464 S. Main St., Entrance 7, Lombard, IL 60148

Phone 630-629-9622 Email: Info@tritownymca.org

Web: www.tritownymca.org

