



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 1.5 mile walk around the track, 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 be just steps away!

TRI-TOWN YMCA

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