

Walk Your Way to Fitness!

Don't let the cold weather keep you from getting exercise...

join us Tuesday mornings in February and March for Indoor Walking. We'll complete a walking exercise DVD so wear sneakers and comfortable clothing. Before beginning any exercise program you should consult your physician.

Tuesdays from 10:00—10:45

February 6, 13, 20 and 27

March 6, 13, 20 and 27

****Enter through the township doors****



No advanced registration needed.

Please sign in when you arrive for each session.

You will also be asked to sign a release form (first time only) that will be kept on file.

2599 Sproul Road, Broomall

(610) 356-1510

www.marplelibrary.org