

STEPPING OUT WALKING CLUB

Take control of your health!

Every Tuesday

9 a.m.

Civic Center

407-957-7243

Stretch
&
Balance
Exercises

Tone
Muscles

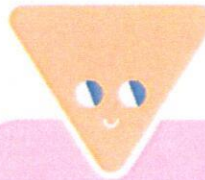
Walk/Run
at your
own pace

Low Impact

Increase
Energy

Lose weight

Only \$1
per person



St. Cloud
FLORIDA

Your Centerpiece
for Recreation

