



JANUARY WALKING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NO WALKING	2 NO WALKING
3 NO WALKING	4 NO WALKING	5 NO WALKING	6 NO WALKING	7 NO WALKING	8 NO WALKING	9 NO WALKING
10 NO WALKING	11	12	13	14	15 NO WALKING	16 NO WALKING
17 NO WALKING	18	19	20	21	22 NO WALKING	23 NO WALKING
24 NO WALKING	25	26	27	28	29 NO WALKING	30 NO WALKING
31 NO WALKING						

HOURS: Monday to Thursday - 10:00 am to 2:00 pm

**** PLEASE NOTE: Schedule is subject to change. Running on concourse and stairs prohibited ****

4 Laps around = 1 KM 6.44 Laps around = 1 Mile