



SEPTEMBER WALKING SCHEDULE

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

Monday to Friday - 9:00 am to 3:00 pm

**Please note: Schedule is subject to change.*

4 Laps = 1 KM 6.44 Laps = 1 Mile