



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 NO WALKING	18 NO WALKING	19	20 NO WALKING AFTER 1 PM	21
22	23	24	25	26	27 NO WALKING AFTER 1 PM	28
29	30					

FALL HOURS: Monday to Friday - 8:30 am to 4:30 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