



Worcester Township Parks and Recreation, in partnership with Kinetix Sports Club presents...

# “SOLE TRAIN” WALKING GROUP

This group promotes the aerobic sport of brisk, rhythmic walking, intended to improve cardiovascular efficiency, strengthen the heart, control weight gain, and reduce stress. This group is also designed to promote socialization with others in the group. All ages and fitness levels are welcome. This group will be led by the talented staff of Kinetix Sports Club.

When: Friday Mornings:

- Session 1: May 10-June 28, 2019
- Session 2: July 5-August 23, 2019

Time: 8-9 AM

Where: The Small Pavilion at Heebner Park  
1721 Valley Forge Road, Worcester, PA 19490.

Cost: \$20 Resident/\$22 Non-Resident.

To register, fill out a Recreation Activity Form found at [worcestertwp.com/departments/parks-and-recreation](http://worcestertwp.com/departments/parks-and-recreation) and return it to the Township Building (1721 Valley Forge Road, Worcester, PA 19490).

Questions? Contact Steven Heintz, Recreation Coordinator at [sheintz@worcestertwp.com](mailto:sheintz@worcestertwp.com) or (610) 584-1410

