

**Village of Hastings-on-Hudson
Recreation Department
Presents**



**Join Master Walk Instructor, Heather Buyers
Experience Walk 15®**

Try our low impact aerobic style exercise using Walk based moves.
All fitness levels and all sizes can enjoy our program.
You'll feel successful the first time you Walk with us.
The #1 Indoor Fitness Walking Program in the World!

**EARLY FALL CLASS
September 8 – October 20
(no class on September 22)**

Saturday Morning: 10:00 – 11:00 am
This class is the indoor equivalent of a 3-mile walk!

James Harmon Community Center
44 Main Street
Hastings-on-Hudson, NY 10706

Fee: \$90

Registration is required.
Please register online at: <http://www.hastingsrecreation.org>
or at the James Harmon Community Center during normal hours.
This program is open to all adults age 18 and over.

This is an aerobic walking class. Wear comfortable clothing, and a good pair of walking shoes or sneakers. Bring water and a small towel.

**For additional information please contact Lisa O'Reilly at 914 478-2380 ext 642 or
loreilly@hastingsgov.org**