



Walk Away the Pounds

This is a gentle and effective form of exercise that helps you burn fat naturally for lasting results. We will be walking on the spot using a CD that Leslie Sansone has created. We have different tapes that offer either 2 or 3 mile workout that will burn fat and offers whole body conditioning. We have the option of using light weights for extra intensity and adds some advanced walking variations for an exciting exercise program. There is stretching at the end of the program.

This program is available to all, as it offers the opportunity to slow down and work at your own pace whenever you need to do this. Please come join us Monday thru Friday at 8:30 am in the Clubhouse. There is **no cost** for this program. Bring your bathing suit and then you can enjoy our beautiful pool. Please stop by and check us out !!!

For further information please contact:

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