

Indoor Walking Program

at the Syl Apps Community Centre - Sports Turf Facility



Enjoy The Benefits Of Being Active While Walking On Low Impact Turf

The Benefits Of Walking on Indoor Turf Include:

- **Perfect For A Low Impact Workout**
- **Easy On The Body And Joints**
- **Excellent For People With Arthritis**
- **Add To Your Physiotherapy Routine**

***No Registration Required!
Just Walk In!****

****Please bring "indoor shoes" for on the Turf***

Days & Time:

The Indoor Walking Program runs
Monday, Wednesday & Friday
From **8:00 am – 10:00 am**

Cost:

**\$1.00 Drop-In-Fee or
\$15.00 Yearly Pass.**

Passes are available at the
Syl Apps Community Centre
and the Brant Sports Complex



COUNTY OF
Brant Simply Grand

For more information
please contact:
Syl Apps Community Centre
Sports Turf Facility
51 William St. Paris
519.442.3342 or contact the
Facility Booking Office
519.442.1944

www.brant.ca