



# Wellman Holy Walkamolies Senior Striders Walking Club

**Monday/Wednesday/Friday  
9 - 10 am**

**Wellman Parkside YMCA**

**Join us and get your stride kick'in! Get the blood pump'in!  
Great fun, good exercise for your heart, body and soul!  
Come yourself or bring a friend or even two!**

**Cost: Membership is \$50/3 month or \$2/day**

[www.washingtony.org](http://www.washingtony.org)

