



It's A New Year - make it a new YOU!!
The weather is perfect, so get out of the house and join us for 45 minutes of movement! We will be waiting for you and your friends three times each week.

Mondays at 5 pm

Wednesdays at 11:30 am

Fridays at 8:30 am.

THIS IS A FREE PROGRAM

FREEPORT PARKS & RECREATION MOVEMENT CLUB

WHO/WHAT/WHERE/WHEN?

Freeport Parks & Recreation would like you to come out and move a little. Participants of any ability. Whether you are chair-bound, use a walker or cane, push a stroller, bring your four-legged friend, or compete in triathlons - we welcome you! Families are welcome. A little stretching before we get started, then we will move along the paved track at a pace comfortable for all. This is a relaxing time to socialize, move, and get out of the house. We will meet at the restrooms by the basketball court.

The program will start on January 23rd, 2017.

Meet New Friends

**Walk, stretch,
wheel**

**We are pet
friendly**

**Movement is
Marvelous**

**Your heart will
thank you!**

Freeport

Parks & Recreation

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Freeport Regional Sports
Complex

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