

Kickin' it Off On The Key Fitness Program

Start the new year out right! Lose weight, get fit and be healthy. Join fitness enthusiast Kim Sutherin at the new addition to the park district, *the 360 Park* as she guides you through progressive fitness walking program. By the end of the program you will be able to walk 2.5 miles briskly and with ease. You'll be ready to progress to more challenging walks and runs. (Program will run Rain or Shine)



Where: 360 Park SR 302 at 144th St, Gig Harbor

When: January 18–December 31 Mondays, Wednesdays, & Fridays

Age: Adult +

Time: 8:00–9:00 am

Cost: Free

For more information call 253–884–9240 or chad@keypenparks.com

www.keypenparks.com