



HALL WALKING

INTERMEDIATE SCHOOL

SESSION: Monday—Friday
Monday, September 18 - Friday, April 19
4:30–8:30pm

Registration forms are available at
the N.T. Recreation Dept. 500 Wheatfield St.

Any questions please call 695-8520
You may also register on line at NTParksrec.com
Cost: \$10 residents & \$10 non-residents



Kick start your fitness routine, reduce stress, boost immunity and improve mood by joining us to walk the halls of the INTERMEDIATE SCHOOL. You can walk at your own pace in a dry, and warm environment. **SESSIONS ARE CLOSED on the following nights: 10/9, 11/10, 11/23, 11/24, 12/25, 12/26, 12/27, 12/28, 12/29, 1/1, 1/2, 1/15, 2/19, 2/20 2/20, & 3/25-4/8.**