

WALKING CLUB



Join the Crestwood Walking Club! The Walking club is a club for any member to come in here at CRWC and walk/run the indoor track. This Club is also a friendly competition to see who has the most laps around the indoor track in the short 8 weeks. You can stay as long as you want or come in and do a quick walk on your lunch break. This can jump start your spring fitness goals or just simply keeping up with your health. There will be a prize for the winner of the most laps completed in the 8 weeks. The way you can keep track of your laps is a CRWC staff member will sign off on how many laps you did that day. You will need their initials on the paper and the correct date otherwise the laps will not be counted. Any questions please contact Keagan Helson. Golden Shrimp will be giving away a \$50 dollar Amazon gift card to the winner, also more prizes included! 18 years and older

March 16th, 2020 – May 8th, 2020

YOU CAN COME IN ANY DAYS WE ARE OPEN TO GET YOUR LAPS IN. THE 8 WEEKS WILL START AND END ON THESE DATES

***SIGN UP FEE IS \$10.00 FOR ANY MEMBER* CODE- 11111-B**



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