

# ***STEPPIN' UP***

**FOR MEN & WOMEN**

**Wednesdays @ 9:30**

Steppin' Up and Steppin' Out are peer led exercise and walking programs. Both of these programs support and encourage older adults to embrace an active lifestyle by offering self-sustaining, accessible, high quality, no cost exercise and walking programs

***Suitable for all fitness levels  
Equipment Provided!***

***EVERYONE WELCOME!***

**Every Day for Life!  
Be Active, Your Way.**



**Age is no barrier**