



WALKING FOR FITNESS

Spring 2025

Do you need something to motivate you?

Take the Walking for Fitness class this fall and you will have a reason to take some time for yourself. Listen to music while you walk or meet a new walking friend. It's a great way to fit some exercise into your busy schedule. Track your distance with your fitness device. Credit students must attend class regularly and complete weekly discussion board entries.

Credit – PED 117 001

CE/Adult Ed – PED C56 302

Feb. 4-May 15 • Tuesdays and Thursdays, 1-1:55 p.m.

Located on the indoor walking track. Class may be moved to outdoor track if weather permits. May be repeated for a maximum of four accrued credits.

For more information, call (708) 456-0300, Ext. 3130.



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a place
for you.



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