

WALK



YOURSELF WELL!

STRESS RELIEF | ENERGY BOOST | GREAT COMPANY

FREE WALKING CLUB

***Every* MONDAY,**

WEDNESDAY, & FRIDAY

At NOON Starting at 121 FITNESS

2130 Adelbert Rd | Across from Rainbow Babies and Childrens Hospital

1·2·1
FITNESS

Walking Club



Redeem for (1) Small Recovery Smoothie from our Juice Bar!

Add-ins are not included.



Expires 1/1/17

***NEW!* Walking Club Card**

Get a "punch" for each walk you attend! Your first 5 walks earn you a free smoothie from the Recovery Zone! Each 10 after earns you a \$5 gift card to 121 Fitness!