



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Step It Up this Spring!

YMCA Walking Challenge

Multiple days & times for your schedule

Walk, Skip, Run or Shuffle!



*All walks will be outside, alternate locations will be determined if inclement weather

**Strollers and pets are welcome for outside routes!

Whether it's on the treadmill, on one of our designated walking paths or on your own route— get a pedometer at no charge from the YMCA and get tracking!

1. Sign up by April 1st, receive your pedometer
2. Walk 10,000 steps a day, or 50,000 steps a week!
3. Check in with a wellness coach on Friday
4. Win a prize at the end of May!

Walk with us:

Monday	Dawn at Noon
Tuesday	Jack at 5:00pm
Wednesday	Tiffany at 5:00pm
Thursday	Shaka at 9:30am
Friday	Heather at Noon

YMCA OF BRISTOL

400 Martin Luther King Jr Blvd Bristol, TN 37620 • 423.968.3133 • bristolymca.net • dawn@bristolymca.net