



**2018**

# **Run & walk Club**

**Join this annual cardio club and get in the best shape of your life.**

**January 1, 2018 - December 31, 2018**

**Begin your run/walk log at Daniels Fitness Center**

**All participants who walk/run at least 500 miles will receive a Shirt and those who reach at least 1,000 miles will receive a Shirt along with a Gym Bag!**

