



“Spring Reprise Walking Group”

- Mondays at
11:00 a.m. OR 1:00 p.m.
- Beginning April 19th for
four weeks

SCHEDULE

- 30 minutes of walking
outside, if possible
- 10 minutes of light exercise
- 10 minutes for devotion

SIGN UP

Please sign up ahead of time by contacting Sharon Wathen at 330-759-2314.

THERE WILL BE TWO GROUPS:

1. One from 11:00 a.m. to
Noon
2. One from 1:00 p.m. to
2:00 p.m.

COVID Safety Precautions

Wear a mask to cover nose and mouth at all times.

Directions for walking will be marked to avoid passing others in hallways.

No partners while walking to maintain social distancing.

Bring your own weights and bottled water.

Stretching/Exercise will be in the Youth Hall where there is room to spread out.

Closing devotions – no handouts, just a time of prayer and sharing.