

JOHN JAY HALL WALKERS

STUDENT HEALTH CENTER

LEVEL L ROOM 67.00

WANNA EXERCISE?

COLD WEATHER BLUES GOT YOU DOWN?

ARE HOLIDAY MEALS JUST TOO GOOD?

BECOME A JJ HALL WALKER.

JOIN US FOR LAPS AROUND LEVEL 1.

USE COMMUNITY HOUR WISELY.

ALL YOU NEED IS 30-45 MINS.

PUT YOUR SNEAKERS ON.

PLUG IN THOSE EARPHONES.

WALK LEISURELY OR WITH POWER !

BRING A FRIEND.

IT'S TIME TO BURN THOSE CALORIES.

SIGNUP BEGINS DEC 5TH.

Walking starts Dec 12th, during community hour.

Student Health Center (Level L, Room 67.00)

