

Walk 15[®]

15 Minute Big Calorie Burning Miles!

From The Creators of Walk at Home[®]



Walk 15[®] takes group fitness to a new level. It is a low impact, multi muscle, calorie torching, walking based workout with very effective results! Anyone-all fitness level can do it!

Why Walk 15[®]? The music is paced so 15 minutes signifies the time (speed/pace) of most miles...an average pace of 4 mph. Move in many different directions, add a strength component and the result is a high calorie, health, enhancing, FUN workout!

Come join a Walk 15[®] group called Walkin' With Mojo For One or Two Mile Walks!

Where: Revere Court Memory Care
7707 Rush River Drive, Sacramento

When: Mondays, Wednesdays and Fridays 2:30pm*, 3:15pm and 4:00pm*
Saturdays at 9:15am* and 10:00am

Cost: \$5/class, 1 free class after 5!

Contact: Maureen Jenks
Phone: 860-331-9948
Email: Mojenks16@gmail.com

***1 Mile classes. These classes can become 2 Miles at the class members' request.**