

WALKING CLUB

ADULT PROGRAM

Program Description: This is a great opportunity to socialize, improve overall health and have fun doing it! We encourage you to bring family members and friends! Please bring your own water bottle.

Anticipated Outcome: The benefits of walking are endless and include, but are not limited to, boosting endorphins, lowering your risk of developing health conditions that lead to illness and injury, increase muscle strength, flexibility and balance, and maintaining a healthy weight. Also, meeting new friends over the summer!

Register: No Registration Required
Fee: No Charge
Time: 7:00 am

Date: June 15th
Trail: #25—Logan River Trail
Meeting Location: Trailhead @ 300 West Golf Course Road

Date: June 22nd
Trail: #5—Canyon Gateway Trail
Meeting Location: Trailhead @ 1st Dam,
Canyon Entrance Park

Date: June 29th
Trail: #28—Trapper Park Trail
Meeting Location: Trailhead @ 1497 South 1600 West
Trapper Park Parking Lot

Date: July 6th
Trail: #8—Canyon Road Trail
Meeting Location: Trailhead @ 1st Dam,
Canyon Entrance Park

Date: July 13th
Trail: #2—Bonneville Shoreline Trail
Meeting Location: Trailhead @ 1st Dam,
Canyon Entrance Park

Date: July 20th
Trail: #26—Country Manor Trail, # 33 Soccer Park
Meeting Location: Trailhead @ 250 Legrand Street
Soccer Complex Parking Lot

Date: July 27th
Trail: #3—Highline Trail
Meeting Location: Trailhead @ 1st Dam,
Canyon Entrance Park

Date: August 3rd
Trail: #22—Boulevard Trail
Meeting Location: Trailhead @ Merlin Olsen Park
South Parking Lot on 100 South

Health Benefit:



**We Create Quality
Life-Long Experiences For All**



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