

WRS Walk 15

Info Sheet

wrcc.org/sports

When	Mondays & Wednesdays
Where	Legacy Christian School, 470 N Lakeview Drive, Noblesville, IN 46060
Time	6 -7 pm
Fee	\$4 per class or purchase a 10-class punch card pass for \$30 (your 1 st class is FREE and the punch card does not expire)

What should I expect at each class?

Each work out is measured by beats per minute. Each night's routine is equivalent to walking 3.1 miles with time for working with resistance bands for toning, followed by a cool down stretch. Resistance bands will be provided and participants are welcome to bring their own free weights (1 to 3 lbs) if desired.

What is the minimum age requirement?

16 years old

Is there childcare offered?

Not at this time

Do I need to preregister?

No. Plan on arriving 10 minutes early to your first class to fill out insurance information and waivers.

How does the 10-class punch card work?

You can purchase your 10-class punch card at any time. You do not have to use it 10 consecutive classes in a row, so it's not like you lose it if you don't use it.

For more information and questions about the league, contact:

WRS Walk Live Director

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Master Level Walk Instructor
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