

Walking Warm this Winter

Northern Kennebec County

Printed by MaineGeneral Medical Center

"Move More"



www.movemore.org

www.letsgo.org

The gyms at these locations are open to the public for walking through the winter.

Alfond Youth Center

6:30 - 8:30 am. (Mon - Fri)

Belgrade Community Center For All Seasons

10:00 - 12:00 & 2:00 - 3:00 pm.
(Mon - Fri)

Fairfield Community Center*

8:30 - 10:30 am. (Mon - Fri)

Messalonskee Middle School

6:00 - 7:15 am. (Mon - Fri)

Muskie Community Center

8:00 - 9:00 am (Tues & Thurs)

Do not let the cold weather keep you from staying active.
Walk warm this winter!

*Walking will begin Nov. 14

Please change into a clean pair of indoor shoes and sign in at the office.

All walking areas will be available November 1, 2011 through April 1, 2012

Feel free to contact other schools in your town to see if they allow walking in the gym.

For more places to walk check www.movemore.org

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