

WALKERS & TAI CHI CLUB



The Southgate Walkers and Tai Chi Club is a complimentary program providing a safe community and environment for people of all ages to advance their fitness.

A change area is provided for you to change footwear or leave outer clothing while walking.

WALKERS & TAI CHI CLUB

Name: _____

Membership Number: _____

Date Issued: _____

SOUTHGATE

WELCOME TO ANOTHER SEASON OF THE SOUTHGATE WALKERS & TAI CHI CLUB!

This club provides you with the opportunity to walk for your health, have fun, win prizes and make new friends.

Remember to stretch before and after your workout to keep your muscles nimble and prevent pain. For those of you who are up for the challenge, try going up and down the stairs in our Atrium to give your workout a little variety. Your muscles will thank you later.

Have a great time and remember: at Southgate you are always walking in good weather!

Emmy Diamond
Guest Services Supervisor

Walking Hours:

Monday to Friday: 8 am to 10 am

Saturdays: 7:30 am to 9:30 am

Sundays & Holidays: 9 am to 11 am

(closed Easter Sunday and Christmas Day)

See Customer Service or call 435-3721 for details

Card holder must present valid membership to be eligible for membership events or prizes.*

*Some restrictions apply

SOUTHGATE

EXCLUSIVE OFFERS

A&W

Receive 2 Mama
Burgers for \$4

A&W

Receive 2 Bacon
& Eggers for \$4

The Bay Pharmacy

One free pill and vitamin
weekly planner

Bear Mountain

Receive one free medium
coffee or tea

Hallmark

15% off



Card expires on May 24, 2011