

THE CITY OF ATLANTA
DEPARTMENT OF PARKS & RECREATION PRESENTS

ATL PARKS & REC



ZABAN WALKING CLUB

COME GET IN SHAPE AND ENJOY THE COMPANY OF YOUR NEIGHBORS WITH THE ZABAN WALKING CLUB! WALKING CONTRIBUTES TO WEIGHT LOSS, LOWERING CHOLESTEROL, LESS RISK OF HEART DISEASE AND MORE! STAFF WILL PROVIDE EACH PARTICIPANT WITH A WEEKLY WALKING LOG, TO RECORD AND TRACK PROGRESS. THE PROGRAM IS OPEN TO ALL ADULTS AGES 18 & UP .
ALL SKILL LEVELS WELCOME.

Tuesday's | 10:00 AM - 11:00 AM

Zaban Recreation Center | 241 Daniel Ave SE | Atlanta, GA 30317

For more information, please contact
Alyssa Ruff at 404- 371 - 5012 or
aaruff@atlantaga.gov.



DEPARTMENT OF
PARKS AND RECREATION

CENTERS
of
HOPE