













Little Steps, Big Gains

**Join A Walking or
Biking Group for
Fun and Fitness**

**One pair of shoes
each month to one
lucky walker. The
more you walk the
more your chances to
win.**

July 2017

Questions? Call 785-229-3530

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1  Bike 9:00 AM Old Depot	2
3	4  7:30 PM Kanza  7:00 PM Old Depot	5  6:00 AM-Kanza  5:15 PM – Forrest Park	6  7:30 PM Kanza  6:00 PM Old Depot	7	8  Bike 9:00 AM Old Depot	9
10	11  7:30 PM Kanza  7:00 PM Old Depot	12  6:00 AM-Kanza  5:15 PM – Forrest Park	13  7:30 PM Kanza  6:00 PM Old Depot	14	15  Bike 9:00 AM Old Depot	16
17	18  7:30 PM Kanza  7:00 PM Old Depot	19  6:00 AM-Kanza 5:15 PM – Forrest Park	20  7:30 PM Kanza  6:00 PM Old Depot	21	22  Bike 9:00 AM Old Depot	23
24	25  7:30 PM Kanza  7:00 PM Old Depot	26  6:00 AM-Kanza  5:15 PM – Forrest Park	27  7:30 PM Kanza  6:00 PM Old Depot	28	29  Bike 9:00 AM Old Depot	30
31						

