



WALK THE HALLS



No Cost for this great exercise opportunity!

Don't let rainy/snowy weather keep you from your routine!

Come walk the halls of Cumberland HS & MS

Please stop at the High School office or the Cumberland Fitness Center (High School) to register for this activity before your first walking session.

TIMES---

6:00-7:30 a.m. or 4-7 p.m. CHS

We ask that all participants adhere to these hours for their safety and the safety of our students.

THE CUMBERLAND FITNESS CENTER

Come and enjoy the Cumberland Fitness Center and stay in shape year round!



Check us out! Cost is FREE!

Try our great Cardio-Equipment!

CFC Hours: Monday-Friday mornings 6-8 am

Monday-Thursday evenings 4-7 pm

Questions or concerns please contact: Susan Bridger CCE Director

HS 715-822-5121 ext. 403 / sbrid@csdmail.com