



STROLLER CLUB

Socialize and exercise!

Tuesday/Thursday • 9 - 11 a.m. • DISC Indoor Track

Throw on your walking shoes and join the stroller club at the DISC! This is a great opportunity to meet other parents while exercising. This "open track" style club will not be staffed, so no need to register!

Free for DISC members / \$3.25 for non-members

**Decatur Indoor Sports Center:
Your Home for Fitness, Sports & Fun**

Did you know the DISC indoor track is the largest in Decatur?
8 laps = 1 mile!

