



2011 Adult Walking Program

Starting September 26th !!!

Walking Program will hosted

Monday thru Friday

8:00 – 10:00 am

(May - September)

Monday and Thursday mornings

8:00 – 10:00 am

(We cancel the morning walking when Ft Wayne Community Schools cancels for weather)

The ASH Centre hosts this free community activity that includes the opportunity for walking in our Field House area and ...

Café area is open for socializing

Monthly blood pressure checks are provided

Throughout the summer, the ASH Centre is proud to partner with Fort4Fitness to host summer Senior Marathon event

The ASH Centre

260.436.1507