

Walk Aerobics

Walk Aerobics is held in the main hall of the Heron Cay club house. It is a 30-minute brisk video exercise program which incorporates walking, kicking, sidestepping, and strength training.

It is a low impact exercise – no getting down on the floor. It is all about walking and strengthening.

We use Leslie Sansone (Just Walk) videos and we have lots of fun.

Wear comfortable clothes, shoes and bring water!

Timing: Year round

- Tuesdays, Thursdays and Saturdays 8:30 am

Location: Heron Cay club house

Contact Person: Ingrid Cresta

