



New Year, New You, Let's Get Active

**When: Starting January 30, 2023
(Mondays and Wednesdays) 9:15am-11:00am**



**Residents and guests can choose between walking
indoors around our basketball court
(20 laps=1 mile) or
outside around the track (4 laps=1 mile)
Please call the City of District Heights Recreation
Department at
(301) 336-5633 to register.**