



FAMILY TRACK TIMES

Walk or run as a family on our indoor track at Ironworks! Children must be within an arm's reach of a parent/guardian at all times, and must be at least 5 years old to participate. Strollers are welcome for younger kids!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------------------------------|----------------------------------|--------------------------------|---------------|
| 6:30AM-8:30AM 5:00PM-7:00PM | 6:30AM-8:30AM | 6:30AM-8:30AM 5:00PM-7:00PM | 6:30AM-8:30AM |
| FRIDAY | SATURDAY | SUNDAY | |
| 6:30AM-8:30AM 5:00PM-7:00PM | 11:00AM-12:00PM 2:00PM-3:00PM | 1:00PM-2:00PM | |

OUTSIDE OF FAMILY TRACK TIMES

Not a scheduled family track time? Children 10 and older are welcome to use the track! We ask that ages 10-13 are accompanied by a grown-up



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY