

**Powered By: NCCU CAMPUS RECREATION &
THE NCCU EMPLOYEE WELLNESS COMMITTEE**



BRING YOUR EXISTING WALKING CLUB TO THE L.T. WALKER COMPLEX &

**BECOME A PART OF THE OFFICIAL
CHANCELLOR'S
WALKING CLUB**

Mon, Wed, & Fri: (3x/week)

12:00pm 12:45pm & 1:00pm—1:45pm

Monday - Friday (5x/week)

5:30pm—6:15pm

All Walkers will need to meet at the L.T. Walker Complex Gym Lobby

All Fitness Levels Welcome!

Open to All Faculty, Staff, and Students

For more info contact:

Travis Tyler— ttyler3@eagles.nccu.edu or

Willie T. Thomas at ext. #7242 or wthomas@nccu.edu