

STEP IT UP



ON MARYLAND WALKING DAY

Walk with us! Celebrate Maryland Walking Day by walking (or rolling) a few laps through the park on our beautiful loop trail. Walking is a fun exercise that can be included in your daily routine. We'll be hosting a fun step challenge throughout the event, giving you even more reasons to get moving and earn prizes. We'll kick off with an energetic urban line dancing class to get your heart pumping and add to your daily step count before you hit the trail! After the class, join our guided walk where you can enjoy the trail, cool down, and earn prizes as you go.

Tucker Road Athletic Complex (Basketball Court)
1770 Tucker Road, Fort Washington, MD 20744
Wednesday, October 1st, 2025
4:00PM - 6:00PM

All Ages Welcome • Free Resources • Prize Giveaways
Share your photos using [#StepItUpPGC](#)

RAFFLES!

SCAN TO
REGISTER
FOR WALK

