

# WHY WALK?

Walking is a safe form of exercise. Regular walking can help you:

- Improve stamina and energy
- Strengthen bones
- Improve muscle tone, strength, circulation and balance
- Relieve stress and tension
- Burn calories and keep joints flexible

Before starting a new exercise program, it is important to check with your physician.



**WOODLAND PARK ZOO** is on a mission to save wildlife and inspire everyone to make conservation a priority in their lives.

**KAISER PERMANENTE** exists to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve.

**SEATTLE PARKS AND RECREATION** promotes healthy people, a healthy environment and strong communities.

Address Correction Requested

**Senior Zoo Walkers**  
Woodland Park Zoo  
5500 Phinney Ave N  
Seattle, WA 98103



## SENIOR ZOO WALKERS



**Seattle**  
Parks & Recreation



**KAISER PERMANENTE®**

A joint program of  
Woodland Park Zoo  
Kaiser Permanente  
Seattle Parks and Recreation

# SENIOR ZOO WALKERS

Woodland Park Zoo, Kaiser Permanente and Seattle Parks and Recreation's Sounds Steps city wide walking and hiking program invite you to join Senior Zoo Walkers, a self-guided walking program at the zoo to promote fitness and well-being among adults ages 55 and up.

The Senior Zoo Walkers program allows participants to spend time in a beautiful



natural setting while learning more about wildlife and the natural world, socializing with others and engaging in a healthy activity.

The Senior Zoo Walkers program also offers the following benefits:

- Self-guided walking program offered from 9:30-10:45 a.m. each Tuesday and Thursday.
- Optional guided warm-up stretches take place at 9:15 a.m. each day the program is offered.
- Quarterly social events hosted by the zoo and featuring presentations by professional experts on health and fitness, conservation and wildlife and other zoo topics.

# PROGRAM INFORMATION

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Tuesdays and Thursdays

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9:15 a.m. Guided warm-up stretches

9:30-10:45 a.m. Self-guided zoo walk

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Once your registration is processed, you will be given instructions for picking up your Senior Zoo Walker pass and parking permit (if you ordered one).

Parking permits are valid for the Hippo Lot at the intersection of Fremont Ave N & N 50<sup>th</sup> St during program hours *only*. During the zoo's peak visitor season (April 1-September 30) parking is restricted to the Flamingo Lot at the intersection of Phinney Ave N & N 50<sup>th</sup> St.

Please dress comfortably and appropriately for walking and the weather.

## PROGRAM COSTS:

- \$20 per quarter (includes parking permit)
- Free for Woodland Park Zoo members (parking permit available for \$20 per quarter)

## FOR FURTHER INFORMATION:

- Phone: 206.548.2424 ext 4
- Email: [classes@zoo.org](mailto:classes@zoo.org)

## TO LEARN ABOUT WALKING PROGRAMS PLEASE CONTACT SOUND STEPS:

- Phone: 206.684.4664
- Email: [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

# REGISTRATION

Online registration is available at:

[www.zoo.org/seniorzooowalkers](http://www.zoo.org/seniorzooowalkers)

To register by mail or fax, please submit this form with payment to:

Woodland Park Zoo  
Attention: Class Registration  
5500 Phinney Ave N  
Seattle, WA 98103  
Fax: 206.547.3553

*Unfortunately, we are unable to accept telephone registrations.*

☐ WPZ Member #: \_\_\_\_\_  
(If applicable) Exp. Date: \_\_\_\_\_

☐ Check: Make payable to WPZ

☐ Credit Card: Visa/MasterCard accepted

CC#: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_

\*Name: \_\_\_\_\_

Address: \_\_\_\_\_

\*Phone: (     ) \_\_\_\_\_

Email: \_\_\_\_\_

\*I need a parking pass:    Yes    No

\*For which quarter(s) are you registering?

- ☐ Quarter 1:    January 1-March 31  
☐ Quarter 2:    April 1-June 30  
☐ Quarter 3:    July 1-September 30  
☐ Quarter 4:    October 1-December 31

*\*Indicates required field*