



Indoor WALKING CLUB

Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

SEMINARS

Tuesday December 2

Be Well With Brandie

Tuesday December 9

Moving Through the Holidays with Lucy

Tuesday December 16

Holiday Party

Dress to impressive in your festive wear

Tuesday December 23

No Walking Club

Walking Club resumes January 6 2026

All seminars offered on zoom
please email wow@aurora.ca to receive the link.

Aurora Family Leisure
Complex
wow@aurora.ca
365-500-3161

WALK STRETCH LEARN

