

Indoor

# WALKING CLUB



**Tuesdays:**

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

## SEMINARS

**Tuesday January 6**

Striding with Lucy

**Tuesday January 13**

TBA

**Tuesday January 20**

TBA

**Tuesday January 27**

Inspirations Stories: Sandy Bundy

**All seminars offered on zoom**

**please email [wow@aurora.ca](mailto:wow@aurora.ca) to receive the link.**

Aurora Family Leisure

Complex

[wow@aurora.ca](mailto:wow@aurora.ca)

365-500-3161

**WALK STRETCH LEARN**

