

Indoor Walking And Fitness



Starting November 1, 2011

**Every Tuesday and Thursday Morning
9:00 to 10:00 a.m.**

St. Paul's United Church, Sarnia

9:30 to 10:30 a.m.

St. Luke's United Church, Sarnia
Brigden Fairgrounds, Brigden

**Every Monday, Wednesday and Friday Morning
9:00 to 10:00 a.m.**

Central United Church, Sarnia

**Every Thursday Morning
9:00 to 10:00 a.m.**

High Park United Church, Sarnia

Bring your indoor shoes

Call 519-344-3017 x237

