



THUNDER BAY WALKING GROUPS



GROUP	WHERE	WHEN	COST
<p>Shake Rattle & Stroll</p> <p>Hosted by Intercity Shopping Centre Contact: 623-6646</p> <p>ALL</p>	<p>Intercity Shopping Centre 1000 Fort William Road</p>	<p>MONDAY to SATURDAY 7:30am to 11:00am (All Year) SUNDAY 9:00am to 11:00am (All Year)</p>	<p>FREE To register, please visit Intercity Mall Guest Services</p>
<p>Evergreen Walking Club</p> <p>Hosted by Evergreen Contact: 626-0090</p> <p>ALL</p>	<p>Evergreen - A United Neighbourhood 139 Heron Street</p>	<p>TUESDAYS 7:00pm (All Year)</p>	<p>FREE</p>
<p>55+ Community Winter Walking Program</p> <p>Hosted by The City of Thunder Bay Contact: 625-3135</p> <p>55+</p>	<p>Lakehead University Hangar 955 Oliver Road</p>	<p>TUESDAYS JAN 14 to MAR 31 2:00pm to 3:00pm THURSDAYS JAN 16 to APR 2 10:00am to 11:00am</p>	<p>FREE \$1.25 /hour to park</p>
<p>Thunder Bay Hiking Association</p> <p>Hiking Hotline: (807) 624-4271</p> <p>ALL</p>	<p>The TBHA organizes various hikes throughout the year for people of all skill levels. Visit www.tbha.ca for details.</p>	<p>Various Dates and Times Call the hotline for updates</p>	<p>Some fees apply.</p>
<p>Victoriaville Walking Group</p> <p>Contact: 622-8235 Ex: 8520</p> <p>ALL</p>	<p>Victoriaville Mall Inside East Entrance (off Brodie Street)</p>	<p>TUESDAYS 10:00am to 12:00pm THURSDAYS 10:00am to 12:00pm</p>	<p>FREE Register by calling</p>

Last Updated February 2020

TBDHU.COM/areyouin



TBDHU.COM/areyouin



Walking is great for your overall health!
Just 30 minutes a day can help your heart be more fit,
strengthen your bones, build muscles and reduce the
risk of chronic disease. If 30 minutes is too much,
try to go out for 10 minutes 3 times a day.

