

The Manotick Culture, Parks and Recreation Association (MCPRA) is happy to offer,

## ***Manotick Walking Club***



## ***Winter 2023 Session***

***Stay active during the colder months!  
Join us every Monday and Friday for some  
controlled stretches and a healthy walk lead by  
Pat DeClerq, Certified Senior Fitness Instructor.***

**When:** January 16 to April 21  
Every Monday and Friday from 10:30-11:30 am  
(with some exceptions due to closures)

**Where:** The Multi-Purpose room at the Manotick Arena  
5572 Dr. Leach Drive  
Upstairs, with access to elevators

**Cost:** \$45 for 20 sessions



***Registration will be on the first  
day, January 16 from  
10:00-10:30.***

***For more information contact  
Darlene Donnelly at  
[dardon956@gmail.com](mailto:dardon956@gmail.com)***

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