

WINTER WALKING SCHEDULE



	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Time	Pictou County Locations	Pictou County Locations	Pictou County Locations	Pictou County Locations	Pictou County Locations
All day	Walking at PC Wellness Centre Alma	Walking at the PC Wellness Centre Alma	Walking at the PC Wellness Centre Alma	Walking at the PC Wellness Centre Alma	Walking at the PC Wellness Centre Alma
830-930 a.m.	Walking at Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton
830 a.m- Noon	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou
10-11 a.m.	Walking at the Fisheries Training Pool Pictou		Walking at the Fisheries Training Pool Pictou		
10 a.m.		New Glasgow Walking Group - Goodman Park			
Noon-1p.m.	Walking at Sobeys Sports Complex Stellarton	Walking at Sobeys Sports Complex Stellarton	Walking at Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton	Walking at the Sobeys Sports Complex Stellarton
Noon-1p.m.					Walking at the Hector Arena Pictou
1-2 p.m.		Walk and Roll at the Pictou Legion			
1-4 p.m.	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou	Walking at the Hector Arena Pictou

This is a guide, not an official schedule. Be aware that activity times will change according to facility and community needs. Be sure to check with the facility for any updates.