



## Get Walking in Oakville!

### Oakville Senior Citizens' Recreation Centre

- 905-335-7888
- Senior walk and social
- Every Tuesday and Friday at 9:30 a.m.
- Must be a member of centre, plus .50 per walk

### WoW Power Walking

- 1-877-969-9255
- [www.wowpowerwalking.com](http://www.wowpowerwalking.com)
- Oakville location only
- Offers a variety of training programs for power walking
- Professional walking coaches
- Fees vary with type of program

### Mississauga Oakville Bicycling, Walking & Activity Group.

- For men and women 35+ who enjoy active living.
- Meet other outdoor enthusiasts to cycle or hike on local trails in and around Mississauga & Oakville.

<http://bike.meetup.com/229/>

### Bronte Waterfront Trail

- Bronte Bunch Hiking Group
- Mon. 7:15 pm, meet at the Coach & Four, (back door) at Lakeshore & Bronte Rd, Oakville
- Walk lasts about 1.5 hours, 7 km
- No charge

### Oakville Place Mall Walk

- 905-842-2140
- Mon.-Fri. 7:00-10:00 am, Sat. 7:00-9:30 am, and Sun. 9:00-11:00 am
- Register Tue. or Thu. 7:30-9:30 am with one of the mall walker volunteers
- No charge

### Oakville Historical Society

- 905-844-2695
- [www.oakvillehistory.org](http://www.oakvillehistory.org)
- Walking tours of the Oakville Historical district
- Sunday afternoons during summer/early fall months
- Reservations requested

### Oakville Newcomers' Club-Fitness Walking Group

- Meet new people in the area
- Increase your cardiovascular ability
- All fitness levels welcome
- Visit [www.oakvillenewcomersclub.com](http://www.oakvillenewcomersclub.com) for more information or email us at [info@oakvillenewcomersclub.com](mailto:info@oakvillenewcomersclub.com)

### Oakville Newcomers' Club-Ravine Scramblers

- Meet new people in the area
  - Enjoy a brisk walk for 45-60 minutes
  - Explore trail and ravine
- Visit [www.oakvillenewcomersclub.com](http://www.oakvillenewcomersclub.com)

**Active Halton connecting providers, engaging and inspiring Halton residents to get active.**

## **Body in Motion**

- 905-845-1011
- Optimal walking workshops
- Explore the basics of walking
- Enjoy walking efficiently for life
- 3-hour workshops, \$80 including GST
- Call for next workshop date

## **Bruce Trail Association**

- 905-529-6821 or 1-800-665-4453
- [www.brucetrail.org](http://www.brucetrail.org)
- 780 km of trails from Niagara to Tobermory
- Membership fee - \$50.00 per year
- Guidebook available online

## **Running Room**

- 905-844-2300
- [www.runningroom.com](http://www.runningroom.com)
- Offers walking clinics – prices vary
- Walk/Run Club practice Wed. 6:30 pm & Sun. 8:30 am
- No charge, drop in

## **Living Well Pilates Ltd**

- 905-847-0707
- [www.livingwellpilates.com](http://www.livingwellpilates.com)
- Free weekly walks
- Mondays 10:30 am & Wednesdays 9:00 a.m.
- Hiking every third Wednesday of each month

**Active Halton connecting providers, engaging and inspiring Halton residents to get active.**

[www.activehalton.ca](http://www.activehalton.ca)

**Active Halton connecting providers, engaging and inspiring Halton residents to get active.**

**[www.activehalton.ca](http://www.activehalton.ca)**