



# WALKING TRACK

CROSSMAN COMMUNITY CENTRE/KAY ARENA

99 Wynwood Dr., Moncton, NB • 506.877.7715 • moncton.ca

|  | Monday                     | Tuesday                    | Wednesday                  | Thursday                   | Friday                     | Saturday                   | Sunday                     |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <b>Seniors</b><br>                        | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     | 8 am<br>to<br>10:30 am     |
| <b>Strollers<br/>and walking aids</b><br> | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm | 10:30 am<br>to<br>12:30 pm |
| <b>Adults</b><br>Walk and jog<br>       | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         | 1 pm<br>to<br>3 pm         |
| <b>Dryland<br/>Training</b><br>         | 5:30 pm<br>to<br>7 pm      |                            | 5:30 pm<br>to<br>7 pm      |                            | 5:30 pm<br>to<br>7:00 pm   |                            |                            |