

**LOWER LEVEL**

**“Walk the Walk”**

**Program Highlights:**

- A no cost, year round, indoor mall walking program.
- Registration is required and may be completed at:
  - Parkview 55+ Centre  
189 Blake Street
  - Allandale 55+ Centre  
190 Bayview Drive
  - Victoria Village Activity Centre  
146 Toronto Street

**Location: Georgian Mall Shopping Centre**

Early entry and access into the mall:

- Monday to Saturday at 7:15 a.m. – 9:30 am
- Sunday at 9:15 am – 11:00 am

Enter through the lower level **entrance #2** at the rear of the mall by the water tower.

(Shopping centre hours subject to change throughout the year)

Coat racks will be provided during inclement weather, lower level in the common area between entrance #2 and Sears. Coats must be removed from racks by time of mall opening.

Before you begin your program:

1. Consult your physician prior to beginning any fitness program.
2. Be sure to include warm up and cool down stretching to help to minimize injuries.
3. Wear comfortable clothing and the appropriate walking shoes.
4. Drink plenty of water to replenish your body fluids.

For more information on this, or any other City of Barrie 55+ program, please contact:

Victoria Village Activity Centre at 705-792-3411

Hosted by:

**Georgian**  
MALL  
509 Bayfield St.  
Barrie, ON L4M 4Z8

