

Be part of “**RED FOR HEART**” with PARS

Join one of our Health Walks for week commencing 20th February 2012:
You can contact the PARS Team for details of all the walks listed below.

Day	Time	Walk Venue	Grade	Led by:
Monday 20th February	10.30am	Zion Methodist Church	Medium	PARS
	11.00am	Moss Side Leisure Centre	Medium	Volunteer
	12.30pm	Levenshulme Library	Medium	PARS
	1.00pm	Chorlton Water Park	Brisk	Volunteer
	2.00pm	Chorlton Water Park	Medium	Volunteer
	1.30pm	Clayton Vale	Medium	PARS
	2.00pm	Indoor walk Velodrome	All grades	PARS
Tuesday 21st February	10.00am	Clayton Methodist Church	Medium	PARS
	10.30am	Debdale Park	Medium	Volunteer
	1.00pm	Wythenshawe Park (main car park)	Brisk	Volunteer
	11.2.30pm	Woodhouse Park Lifestyle Centre	Gentle	PARS
	2.00pm	Wythenshawe Park (main car park)	Medium	Volunteer
	1.30pm	Chorlton Water Park NORDIC WALKING - £1 charge	Medium	PARS
Wednesday 22nd February	10.00am	Clayton Vale (Visitor Centre)	Gentle & Brisk	PARS
	1.30pm	Moston Marchers (Broadhurst Park Sure Start Centre)	Medium	Volunteer
	2.00pm	Indoor walk Velodrome	All grades	PARS
Thursday 23rd February	9.30am	Sport City (café in squash centre) NORDIC WALKING £1 charge	Medium	PARS
	2.00pm	Heaton Park (Smithy Lodge Entrance)	Gentle	PARS
Friday 24th February	11.00am	Indoor Walk Velodrome	All grades	PARS
	1.30pm	Withington Methodist Church Heart Help Group	Medium	Craig