

Weekly Running Group



Description: Looking to connect with your fellow runners? Interested in getting into running but not sure where to start? Then get ready to "beat feet" with our Saturday morning running group led by Chris Stack PT. If you are new to the activity, this is your chance to learn new techniques and build new partnerships to ensure your success. For more information, please call (860) 285-1990 today.

This program was made possible by "Be Well Windsor" funds.

Ages: 18+

Location: Northwest Park, 145 Lang Road, Windsor

**Date/Time: Every Saturday Starting May 18th - August 31
8:00-9:00 AM**

No classes on June 8th, July 6th, July 20th, and August 3rd.

Price: FREE, Registration Required



Windsor Recreation
(860) 285-1990

LP Wilson: 599 Matianuck Avenue, Windsor CT
townofwindsorct.com/recreation/

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