



Ramsey Parks & Recreation Presents: Women's Walking Club



Let's enjoy the cool autumn air while exploring the trails around our community!

Join us on Mondays to walk and navigate the trails at our parks in Ramsey. Walking is a great way to spend time outdoors, improve your fitness and well-being, and meet other people. We will walk close to an hour and participants can take breaks whenever needed. All abilities and fitness levels are welcome!

Registration is required. There is no cost for this program. The schedule of parks we will meet at will be on your registration confirmation receipt. It will also be sent via email.

Location:

We will meet at a different park in Ramsey every week

Date: Mondays,
September 12 - October 17

Time: 5:30 - 6:30pm

Registration:

CityofRamsey.com/ParkEvents

Contact:

Marla Martinez-Flynn

Recreation Specialist

mmartinez-flynn@cityoframsey.com

763-433-9883

