

City of Cockburn

Current November 2017

Join our free local walking groups!

Heart Foundation Walking groups are a great way to meet new people and look after your health. Beginners are welcome and it's free.

Where	When	Starting point	Contact the Walk Organiser
Aubin Grove	6.15am Fridays + every 2 nd Wednesday	Aubin Grove Chiropractic Care	Sandra 9414 3113 or 0438 197 569 agchirocare@gmail.com
Bibra Lake	Sunday 9am	Progress Drive – carpark opposite Gwilliam Drive	Tiffany 0452 105 665 – Bibra Lake Walkers tiffany.burridge@gmail.com
Coogee	Thursdays 8:30am	Coogee Café, Powell Rd	Barbara 0415 402 450 or 9418 1897 Coogee Cruisers
Jandakot	Tue, Fri & Sat 9am	Olympic Fun & Fitness, Lakes Way, Jandakot	Damien 9417 2153 – Non HFW academy.admin@inet.net.au
Port Coogee	Wed 8.30am	Port Coogee Discount Drug Store	Heemal 6166 4350 dispense@portcoogeedds.com.au heemalpatel@gmail.com
South Fremantle	Friday 8am	South Beach Café carpark South Beach Striders	Lis + June 9335 3208 or 0408 986 395 lisfremantle@gmail.com
South Lake	Thursday 9am during school terms only	Otley Family Centre 2A South Lake Drive	Maria 9417 2372 – Otley Walkers otleyfam@bigpond.net.au
Spearwood	Wednesday 9am	Azelia Ley parking area, Manning Park	Rachael 0437 557 767 Email: rachie185@yahoo.com
Spearwood	Wednesday & Friday 7.45am	Phoenix Shopping Centre outside Coles near PO	Naomi 0423 833 674 – Phoenix Walkers naomi51@homemail.com
Success	Tuesday 7.45am	Cockburn Gateway Shopping City, opp Coles outside Amcal	Phil 9472 0104 - Non HFW Mall walking for older Australians admin@cotawa.org.au
Yangebup Yangebup Striders	Mon, Wed, Fri Summer 5:45 Winter 6:45	Yangebup Shopping Centre next to the post box	Dianne 9499 4143 or 0429 109 992 tblack5@bigpond.com



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