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Walking - Motos and the World of Walking

Date and Time

Weekly on Monday at 10:00am for 7 times

Event URL

<https://www.seniorcenterinc.org>

Event Region

Charlottesville Area

Event Type

Social event

Event Cost

\$0.00

Event Description

Spring into summer walking with dan Kulund, retired orthopedic and proud pedestrian. Learn good walking form and try out lots of specialty walks. You'll weave simple movements - called Motos - into otherwise ordinary walks. You will also learn how to transform manmade objects and natural features such as benches, walls and trees into movement props. Free to members of all walking abilities. Dates in May and June at various locations. Call 434-974-7756 for more information. Locations are Ivy Creek Natural Area, Fashion Square, Center at Belvedere, Senior Center.