NEW

# SENIORS EXERCISE PROGRAMS !!

**Keeping Balance**: Slower pace, focus on balance, strength and flexibility, Led by an Occupational Therapist.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 9:00 am | **Welland** Centre de Santé | | **Welland** Centre de Santé | | |
| 10:30 am | **Port Colborne** Vale Health and Wellness | | **Fonthill** Meridian Community Centre | | **Fonthill** Meridian Community Centre |
| 1:30 pm | **Fonthill** Royal Canadian Legion | | **Fonthill** Royal Canadian Legion | | **Port Colborne** Vale Health and Wellness |
| 3:00 pm | **St Catharines** Résidence des Ainés | | **St Catharines** Résidence des Ainés | | |

**Stay Fit** : Upbeat classes, choreographed to music which includes cardio, strength, balance and flexibility.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 9:00 am | | **Welland** Seaway Mall | | | **Welland** Seaway Mall |
| 9:30 am | | | **Welland** Plymouth Cordage | | |
| 10:30 am | **Port Colborne** Portal Village | | | **Port Colborne** Portal Village | |
| 11:00 am | | | | **Niagara Falls** St Antoine Church | |
| 1:00 pm | **Niagara Falls** St Antoine Church | **Fonthill** Meridian Community Centre | | **Fonthill** Meridian Community Centre | |
| 1:30 pm | | **Welland** Plymouth Cordage | | **Welland** Plymouth Cordage | |
| 3:00 pm | **Fonthill** Royal Canadian Legion | | **Fonthill** Royal Canadian Legion | | |

**Zumba Gold**: Ditch the Workout, Join the Party! Cardio workout choreographed to Latin and international music.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 3:00pm | | | | **Welland** Library (Seaway Mall) | |

## To register contact: Natalie at 905-734-1141 ext 2227

*Location, dates and times subject to change*

Centre de santé communautaire
Votre bien-être, notre raison d'être!
HAMILTON | NIAGARA