

Stay Fit & Have Fun



WELLNESS FOR SENIORS PROGRAM

FREE SMART® EXERCISE

CLASS FOR SENIORS

LEAD BY CERTIFIED FITNESS INSTRUCTORS

*INCLUDES CARDIOVASCULAR, STRENGTHENING, BALANCE
AND STRETCHING COMPONENTS.*

LOCATION: COMMUNITY CENTRE

302 HURON ROAD, SEBRINGVILLE, ON

WEDNESDAYS AND FRIDAYS 9:00—10:00 AM.

TO REGISTER OR MORE INFORMATION CONTACT JOLATNA ROOYAKKERS

VON PH 519-291-5898

