

# In person Exercise Groups

## Sit to Be Fit

Community Exercises for seniors

Sit to Be Fit is a FREE, low impact workout for seniors.

The program is designed to promote health and fitness for seniors and those wishing to increase strength, balance, flexibility and endurance.

**DUE TO COVID REGULATIONS AND SOCIAL DISTANCING, PRE-REGISTRATION FOR SIT TO BE FIT IS MANDATORY**

Email – [smiller@alzhn.ca](mailto:smiller@alzhn.ca)

Phone - 905-768-4488 OR 1-866-428-1552 EXT 102

### Burlington Baptist Church

2225 New St., *Burlington*

Mondays

11:00 am to 11:45 am

12:00 pm to 12:45 pm

### Compass Point Bible Church

**Indoor Walking Groups**

1500 Kerns Rd, *Burlington*

Tuesdays & Thursdays

11:00 am to 12:00 pm

### Canadian Legion Branch 60

828 Legion Rd., *Burlington*

Wednesdays & Fridays

11:30 am to 12:15 pm

### Caledonia Arena

100 Haddington St, *Caledonia*

Tuesdays & Thursdays

10:00 am to 10:45 am

11:00 am to 11:45 am

### St Andrews Anglican

156 Main St West, *Grimsby*

Mondays & Wednesdays

10:30 am to 11:15 am

### St Mark's United Church

1 Lynndale Dr, *Dundas*

Wednesdays & Fridays

11:30 am to 12:15 pm

Please note that at some locations proof of vaccination and photo ID is required.

Any questions please call 905-768-4488 OR 1-866-428-1552 EXT 102

Virtual Classes still available - zoom

Monday, Wednesday, Thursday and Friday @ 9am

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*Soci t  Alzheimer Society*

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HAMILTON HALTON

