

Virtual Exercise Groups

Sit to Be Fit

Sit to Be Fit is a 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.

Below is listed the days and times of all virtual sit to be fit classes.

If interested in joining a group, please

Email – smiller@alzhn.ca

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

Mondays

9:00 am to 9:45 am

10:00 am to 10:45 am

Tuesdays

9:00 am to 9:45 am

10:00 am to 10:45 am

Wednesdays

9:00 am to 9:45 am

11:30 am to 12:15 pm

Thursdays

9:00 am to 9:45 am

10:00 am to 10:45 am

Fridays

9:00 am to 9:45 am

10:00 am to 10:45

11:30 am to 12:15 pm