

# 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 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

### Compass Point Bible Church

#### Indoor Walking Groups

1500 Kerns Rd, *Burlington*  
Tuesdays & Thursdays  
11:00 am to 12:00 pm

### Church of Christ Christian Chapel

20 Erie St N, *Selkirk*  
Wednesdays  
(starting April 6<sup>th</sup>)  
9:30 am to 10:30 am

### Caledonia Arena

100 Haddington St, *Caledonia*  
Tuesdays & Thursdays  
10:00 am to 10:45 am  
11:00 am to 11:45 am

### St Mark's United Church

1 Lynndale Dr, *Dundas*  
Wednesdays & Fridays  
11:00 am to 12:00 pm

### Chedoke Presbyterian Church

865 Mohawk Road W, *Hamilton*  
Monday & Fridays  
10:00 am to 11:00 am

### St Andrews Anglican

156 Main St West, *Grimmsby*  
Mondays & Wednesdays  
10:30 am to 11:15 am

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

## Virtual Classes still available - zoom

Monday, Tuesday, Wednesday, Thursday and Friday @ 9am

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*Soci t  Alzheimer Society*

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HAMILTON HALTON

