

## 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*

Tuesday & Thursday @ 11:00 am

### St Mark's United Church

1 Lynndale Dr., *Dundas*

Wednesday & Friday @ 11:00 am

### Youth & Elders Centre "Dajoh"

1738 Fourth Line Rd, *Ohswegen*

Tuesday @ 2:00 pm

**(Starting May 3<sup>rd</sup>)**

### St Andrews Anglican

156 Main St West, *Grimsby*

Mondays & Wednesdays @ 10:30

### Chedoke Presbyterian Church

865 Mohawk Road W, *Hamilton*

Monday & Thursdays 11:15 am

**(new day & time starting May 9<sup>th</sup>)**

### Church of Christ Christian Chapel

20 Erie St N, *Selkirk*

Wednesdays 9:30 am

### Caledonia Arena

100 Haddington St, *Caledonia*

Tuesdays & Thursdays 10:00 am  
or 11:00 am

### St John the Divine Anglican Church

37 Ottawa N, *Cayuga*

Monday @ 11:00 am

### Hagersville United Church

32 Church Street, *Hagersville*

Monday @ 9:30 am

### Grandview Lodge

657 Lock St W, *Dunnville*

Mondays @ 1:00 pm

**(starting May 2<sup>nd</sup>)**

Virtual Classes still available - zoom

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

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*Soci t  Alzheimer Society*

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

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