

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Sit to be Fit

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
Phone: 905-768-4488 OR
1-800-565-4614 ext. 102

CLASSES & LOCATIONS

St Mark's United Church
1 Lyndale Dr., *Dundas*
Wednesdays & Fridays @ 11:00am

Church of Christ Christian Chapel
20 Erie St N, *Selkirk*
Wednesdays @ 10:00am

Canadian Legion Branch 60
828 Legion Rd., *Burlington*
Wednesdays & Fridays @ 11:30am

Youth & Elders Centre "Dajoh"
1738 Fourth Line Rd., *Ohsweken*
Tuesdays @ 2:00pm

Caledonia Arena
100 Haddington St., *Caledonia*
Tuesdays & Thursdays @
10:00am or 11:00am

Burlington Baptist
2225 New St., *Burlington*
Mondays @ 11:00am or 12:00pm

St Andrews Anglican
156 Main St West, *Grimsby*
Mondays & Wednesdays @ 10:30am

**St John The Devine Anglican
Church**
37 Ottawa N., *Cayuga*
Mondays @ 11:00am

Hagersville United Church
32 Church Street, *Hagersville*
Mondays @ 9:30am

Port Dover Health & Fitness
20 Market St., *Port Dover*
Mondays & Fridays @ 3:00pm

Grandview Lodge
657 Lock St W, *Dunnville*
Mondays @ 1:00pm

Chedoke Presbyterian Church
865 Mohawk Road W., *Hamilton*
Mondays & Thursdays @ 11:15am

St John's Anglican
2464 Dundas St., *Burlington*
Tuesdays & Thursdays @ 11:00am

St John The Divine Anglican Church
37 Ottawa N., *Cayuga*
Monday @ 11:00am

Jarvis Lawn Bowling Building
Jarvis Lions Park
Tuesdays @ 12:15am

Compass Point Bible Church
2500 Kerns Rd, *Burlington*
Tuesdays @ 11:00am Sit to Be Fit
Thursday @ 11:00am Walking Group

St Paul's Court
100 Robinson St., *Simcoe*
Monday & Friday s @ 1:00pm

Grandview Retirement Home
83 Centennial Parkway South, *Stoney Creek*
Tuesday @ 2:30pm
Wednesday 2:00pm
Thursday @ 10:30am

Virtual Classes still available (Zoom)
Monday, Tuesday, Wednesday, Thursday and Friday at 9am

Call 905-768-4488 OR
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