

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

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

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

CLASSES & LOCATIONS

Sherwood Library

467 Upper Ottawa St., Hamilton
Thursdays @ 12:30pm
(Starting October 6th)

Red Hill Library

695 Queenston Rd., Hamilton
Tuesdays @ 11:30am
(Starting October 4th)

Kenilworth Library

103 Kenilworth Ave N., Hamilton
Wednesdays @ 1:00pm
(Starting October 5th)

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

Grandview Lodge

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

Burlington Baptist

2225 New St., Burlington
Mondays @ 11:00am & 12:00pm

St Andrews Anglican

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

Hagersville United Church

32 Church Street, Hagersville
Mondays @ 9:30am

St John's Anglican Church

2464 Dundas St., Burlington
Tuesdays & Thursdays @ 11:00am

Chedoke Presbyterian Church

865 Mohawk Road W., Hamilton
Mondays & Thursdays @ 11:15am

St Paul's Court

100 Robinson St., Simcoe
Mondays & Fridays @ 1:00pm

Compass Point Bible Church

1500 Kerns Rd, Burlington
Walking Group
Tuesdays & Thursday @ 11:00am

St John The Devine Anglican Church

37 Ottawa N., Cayuga
Mondays @ 11:00am

Caledonia Arena

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

Salvation Army Burlington Community Church

2090 Prospect St., Burlington
Monday @ 11:00am

Grandview Retirement Home

83 Centennial Pkwy S, Stoney Creek
Tuesday @ 2:30pm, Wednesday 2:00pm
Thursday @ 10:30am

Jarvis Lawn Bowling Building

Jarvis Lions Park
Tuesdays @ 12:15am

North Burlington Baptist Church

1377 Walkers' Line, Burlington
Monday @ 10:00am &
Wednesday @ 12:30pm

Stoney Creek United Church

1 King St W, Stoney Creek
Wednesday @ 10:30am
(Starting October 5th)

Port Dover Health & Fitness

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

Virtual Classes—Zoom

Sit to Be Fit Monday, Tuesday, Wednesday, Thursday, Friday @ 9:00am

Chair Yoga Wednesdays @ 10:30am starting September 7th

Call 905-768-4488 OR 1-800-565-4614, ext. 102