

# 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.



**PRE-REGISTRATION FOR SIT TO BE FIT  
IS MANDATORY.**

Email - [smiller@alzhn.ca](mailto: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

#### **Chedoke Presbyterian Church**

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

#### **Kenilworth Library**

103 Kenilworth Ave N., *Hamilton*  
Wednesdays @ 1:00pm

#### **Red Hill Library**

695 Queenston Rd., *Hamilton*  
Tuesdays @ 11:30am

#### **Grandview Retirement Home**

83 Centennial Pky South, *Stoney Creek*  
Tues @ 10:30am, Wed @ 11:30am  
Thurs @ 10:30am

#### **Stoney Creek United Church**

1 King St W, *Stoney Creek*  
Wed @ 10:30am  
(starting October 5th)

#### **St Mark's United Church**

1 Lyndale Dr., *Dundas*  
Wednesdays & Fridays @ 11:00am

#### **St Andrews Anglican**

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

#### **Canadian Legion Branch 60**

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

#### **Compass Point Bible Church**

2500 Kerns Rd, *Burlington*  
*Walking Group*  
Tuesdays & Thursdays @ 11:00am

#### **St John's Anglican Church**

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

#### **Burlington Baptist Church**

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

#### **Salvation Army Burlington Community Church**

2090 Prospect St., *Burlington*  
Mondays @ 11:00am

#### **North Burlington Baptist Church**

1377 Walkers' Line, *Burlington*  
Mondays @ 10:00am &  
Wednesdays @ 12:30pm

#### **Burlington Gardens**

300 Plains Rd W., *Burlington*  
Mon, Tues, Thurs & Fri @ 10:00am

Virtual Classes still available (Zoom)

Si to Be Fit - Monday, Tuesday, Wednesday, Thursday and Friday @ 9am

Chair Yoga—Wednesdays @ 10:30am

Call 905-768-4488 OR  
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