

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

CLASSES & LOCATIONS

Sherwood Library

467 Upper Ottawa St., *Hamilton*

Sit to be Fit

Thursdays @ 12:30pm

Sherwood Library

46 Upper Ottawa St., *Hamilton*

Relaxation and Movement

1st Thursday of each month @ 1:30pm

Kenilworth Library

103 Kenilworth Ave N., *Hamilton*

Wednesdays @ 1:00pm

Dundas Library

18 Ogilvie St., *Dundas*

Friday @ 12:30 pm

Chedoke Presbyterian Church

865 Mohawk Road W., *Hamilton*

Mondays & Thursdays @ 11:15am

Stoney Creek United Church

1 King St W, *Stoney Creek*

Wed @ 10:30am

(starting October 5th)

Grandview Retirement Home

83 Centennial Pky South, *Stoney Creek*

Tues @ 10:30am, Wed @ 11:30am

Thurs @ 10:30am

Terry Berry Library

100 Mohawk Rd West ., *Hamilton*

Chair Yoga

Wednesdays @ 1:30pm

Starting April 12th

Red Hill Library

695 Queenston Rd., *Hamilton*

Tuesdays @ 11:30am

St Mark's United Church

1 Lyndale Dr., *Dundas*

Wednesdays & Fridays @ 11:00am

St Andrews Anglican

156 Main St West, *Grimmsby*

Mondays & Wednesdays @ 10:30am

Canadian Legion Branch 60

828 Legion Rd., *Burlington*

Wednesdays & Fridays @ 11:30am

Compass Point Bible Church

1500 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
1-800-565-4614, ext. 102