

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

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

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

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

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

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

Hagersville United Church
32 Church Street, *Hagersville*
Mondays @ 10:00am

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

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

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

Cayuga Senior Centre
14 Mckay St E, *Cayuga*
Wednesdays @ 9:45am

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

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