

## 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-REGISTER FOR SIT TO BE FIT  
or  
VIRTUAL CLASSES**

Email - [sherri.miller@alzda.ca](mailto:sherri.miller@alzda.ca)  
Phone: 905-768-4488 OR  
1-800-565-4614 ext. 102

### CLASSES & LOCATIONS

#### Dundas Library

18 Ogilvie St., *Dundas*  
Friday @ 12:30 pm

#### Saltfleet Library

131 Gray Rd, *Stoney Creek*  
Wednesday @ 11:15 am

#### Burlington Central Library

2331 New Street, *Burlington*  
Tuesdays @ 9:30 am

#### St Mark's United Church

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

#### Stoney Creek United Church

1 King St W, *Stoney Creek*  
Wednesdays @ 10:15 am

#### St John's Anglican Church

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

#### Kenilworth Library

103 Kenilworth Ave N., *Hamilton*  
Wednesdays @ 12:30 pm

#### Stoney Creek Library

777 Hamilton RR 8, *Stoney Creek*  
Mondays & Wednesday @ 1:00 pm

#### Compass Point Bible Church

1500 Kerns Rd, *Burlington*  
*Walking Group*  
Thursdays @ 11:00 am

#### Chedoke Presbyterian Church

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

#### Grandview Retirement Home

83 Centennial Pky S., *Stoney Creek*  
Thursday @ 10:30am

#### Canadian Legion Branch 60

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

#### Resaam Gardens

1041 West 5th St., *Hamilton*  
Mondays @ 1:15 pm

#### Amica Stoney Creek

135 King St East, *Stoney Creek*  
Alternating Mondays @ 2:15 pm  
starting September 18th

#### Burlington Baptist Church

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

#### Terry Berry Library

*Chair Yoga*  
100 Mohawk Rd W., *Hamilton*  
Wednesdays @ 1:30 pm

#### Grimsby Library

18 Carnegie Lane, *Grimsby*  
Mondays @ 11:30 am

#### Burlington Gardens

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

#### Red Hill Library

695 Queenston Rd., *Hamilton*  
*Sit to be Fit*  
Tuesdays @ 10:30 am  
*Relaxation and Movement*  
2nd Friday of each month @ 11:00 am

#### St Andrews Anglican

156 Main St West, *Grimsby*  
Monday, Wednesday & Friday @  
10:15 am

#### North Burlington Baptist Church

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

#### Sherwood Library

467 Upper Ottawa St., *Hamilton*  
*Sit to be Fit*  
Thursdays @ 12:00 pm  
*Relaxation and Movement*  
1st Thursday of each month @ 1:30 pm

#### Tansley Woods Library

1996 Itabashi Way, *Burlington*  
Mondays @ 11:15 am