



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.

HAMILTON/HALTON CLASSES AND LOCATIONS

Dundas Library

18 Ogilvie St., Dundas
Fridays @ 12:30 pm

St Mark's United Church

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

Kenilworth Library

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

Chedoke Presbyterian Church

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

Eva Rothwell Centre

460 Wentworth St N., Hamilton
Tuesdays @ 10:30 am

Terry Berry Library

Chair Yoga

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

Red Hill Library

695 Queenston Rd., Hamilton
Sit to be Fit
Wednesdays @ 10 am
Relaxation and Movement
2nd Friday of each month
@ 11 am

Sherwood Library

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

Saltfleet Library

131 Gray Rd, Stoney Creek
Wednesdays @ 11:15 am

Grandview Retirement Home

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

Stoney Creek Library

777 Hamilton RR 8,
Stoney Creek
Mondays & Wednesdays
@ 1 pm

Grimsby Library

18 Carnegie Lane, Grimsby
Mondays @ 11:30 am

St. Andrews Anglican

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

Port Nelson United Church

3132 South Dr. Burlington
Mondays @ 11 am

New Appleby Branch Library

676 Appleby Line, Burlington
Tuesdays @ 9:30 am

St John's Anglican Church

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

Compass Point Bible Church

1500 Kerns Rd, Burlington
Walking Group
Thursdays @ 11 am

Canadian Legion Branch 60

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

Burlington Baptist Church

On hold due to renovations
2225 New St., Burlington
Mondays @ 11 am or 12 pm

Burlington Gardens

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

North Burlington Baptist Church

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

Tansley Woods Library

1996 Itabashi Way, Burlington
Mondays @ 11:15 am
Thursdays @ 1 pm

FOR MORE INFORMATION AND TO REGISTER:



1-800-565-4614 ext.102



help@alzda.ca

A PROGRAM OF THE:

Alzheimer Society

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