



# 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 CLASSES AND LOCATIONS

### Dundas Library

18 Ogilvie St., Dundas  
Fridays @ 12:30 pm  
Tuesdays @ 11:30 am

### 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

### Red Hill Library

695 Queenston Rd., Hamilton  
*Sit to be Fit*  
Thursdays @ 11:45 am  
*Relaxation and Movement*  
2nd Friday of each month  
@ 11 am

### Terry Berry Library

*Chair Yoga*  
100 Mohawk Rd W., Hamilton  
Wednesdays @ 12:30 pm

### Ancaster Library

300 Wilson St E Hamilton  
Wednesdays @ 1 pm

### Sherwood Library

467 Upper Ottawa St., Hamilton  
*Sit to be Fit*  
Thursdays @ 10:30 am  
*Relaxation and Movement*  
1st Thursday of each month  
@ 1:30 pm

### Saltfleet Library

131 Gray Rd, Stoney Creek  
Wednesdays @ 11 am

### Grandview Retirement Home

83 Centennial Pky S.,  
Stoney Creek  
Wednesdays @ 10 am

### Stoney Creek Library

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

Can't make it in person?  
**Join us online everyday at 9 a.m.!**  
Email [sherri.miller@alzda.ca](mailto:sherri.miller@alzda.ca)  
for more information

January 2025

Flip over for more locations 

## FOR MORE INFORMATION AND TO REGISTER:



1-800-565-4614 ext.102



[help@alzda.ca](mailto:help@alzda.ca)

A PROGRAM OF THE:

**Alzheimer Society**

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

SUPPORTED BY:



**Ontario Health**

[www.alzda.ca](http://www.alzda.ca)



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## GRIMSBY/HALTON CLASSES AND LOCATIONS

### Grimsby Library

18 Carnegie Lane, Grimsby  
Mondays @ 11:30 am

### New Appleby Branch Library

**ON HOLD**

676 Appleby Line, Burlington  
Tuesdays @ 9:30 am

### Burlington Baptist Church

2225 New St., Burlington  
Mondays @ 11:05 am or 12:05 pm

### St. Andrews Anglican

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

### St John's Anglican Church

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

### Burlington Gardens

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

### Compass Point Bible Church

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

### North Burlington Baptist Church

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

### Canadian Legion Branch 60

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

### Tansley Woods Library

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

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