



# 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

### Kenilworth Library

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

### Chedoke Presbyterian Church

865 Mohawk Rd. W.  
Hamilton  
*Sit to be Fit*  
Mondays & Thursdays  
11:15 am  
*Chair Yoga*  
Tuesdays 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*  
2<sup>nd</sup> Friday of each month  
11 am

### Terry Berry Library

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

### Ancaster Library

300 Wilson St. E.  
Hamilton  
Wednesdays 1 pm  
Fridays 11 am

### 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 Highway 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

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**

April 2025-1

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



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## GRIMSBY/DUNDAS/HALTON CLASSES AND LOCATIONS

### Grimsby Library

18 Carnegie Ln.  
Grimsby  
Mondays 11:30 am

### St. Andrews Anglican

156 Main St. W.  
Grimsby  
Monday, Wednesday & Friday  
10:15 am

### Dundas Library

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

### St Pauls United Church

29 Park St W,  
Dundas  
Mondays 11am

### St Mark's United Church

1 Lyndale Dr.  
Dundas  
Wednesdays & Fridays 11 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

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

### Burlington Gardens

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

### North Burlington Baptist Church

1377 Walker's Line  
Burlington  
Mondays 10 am  
& Wednesdays 12:30 pm

### Tansley Woods Library

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

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