

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
2nd 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
for more information

Flip over for more locations 

FOR MORE INFORMATION AND TO REGISTER:



1-800-565-4614 ext.102



help@alzda.ca

A PROGRAM OF THE:

Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

SUPPORTED BY:



**Ontario
Health**

June 2025-1

www.alzda.ca

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.

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 11:15 am or 12:15 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

Can't make it in person?
Join us online everyday at 9 a.m.!
Email 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

A PROGRAM OF THE:

Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

SUPPORTED BY:



**Ontario
Health**

June 2025-1

www.alzda.ca