



# 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

*\*No classes in July/August\**

### Chedoke Presbyterian Church

865 Mohawk Rd. W.  
Hamilton

*Sit to be Fit*

Mondays & Thursdays

11:15 am

*Chair Yoga*

Tuesdays 11:15 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

### Red Hill Library

695 Queenston Rd.  
Hamilton

*Sit to be Fit*

Thursdays 11:45 am

*Relaxation and Movement*

3<sup>rd</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 p.m.

Fridays 11 am

### Saltfleet Library

131 Gray Rd.  
Stoney Creek

Wednesdays 11 am

*\*No classes in July/August\**

*Relaxation and Movement*

2nd Monday of each month

11:30 am

### Grandview Retirement Home

83 Centennial Pky S.,  
Stoney Creek

Wednesdays @ 10 am

*\*No classes in July/August\**

### Stoney Creek Library

777 Highway 8  
Stoney Creek

Mondays & Wednesdays

1 pm

### Club 60 Seniors

6 King Street. W.  
Stoney Creek

Mondays 2:15 p.m.

Can't make it in person?  
**Join us online Monday to Friday 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 2026-2

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



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## GRIMSBY/DUNDAS/HALTON CLASSES AND LOCATIONS

### St. Andrews Anglican

156 Main St. W.  
Grimsby

Mondays, Wednesdays & Fridays  
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, Wed, Thurs & Fri  
10 am

### Dundas Library

18 Ogilvie St.  
Dundas

Fridays 12:20 pm  
Tuesdays 11:30 am

### Compass Point Bible Church

1500 Kerns Rd.  
Burlington

*Walking Group*  
Thursdays 11 am

### North Burlington Baptist Church

1377 Walker's Line  
Burlington

Mondays 10 am  
& Wednesdays 12:30 pm

### St Pauls United Church

29 Park St W,  
Dundas

Tuesdays 12:30 pm  
Thursdays 11 am

### Canadian Legion Branch 60

828 Legion Rd.  
Burlington

Wednesdays & Fridays  
11:30 am

### Tansley Woods Library

1996 Itabashi Way  
Burlington

Mondays 11:15 am

### Highland Hills Faith Community

1 Lyndale Dr.  
Dundas

Wednesdays & Fridays 11 am

### Central Library

2331 New Street,  
Burlington

Mondays 11:15 am


### Tansley Woods Community Centre

1996 Itabashi Way  
Burlington

Thursdays 1pm

Flip over for more locations 

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