



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
Thursdays 11:45 a.m.

Red Hill Library

695 Queenston Rd.
Hamilton
Sit to be Fit
Wednesdays 12:15 p.m.
Relaxation and Movement
3rd Friday of each month
11 a.m.

Saltfleet Library

131 Gray Rd.
Stoney Creek
Wednesdays 11 a.m.
Relaxation and Movement
2nd Monday of each month
11:30 a.m.

Chedoke Presbyterian Church

865 Mohawk Rd. W.
Hamilton
Sit to be Fit
Mondays & Thursdays
11:15 a.m.
Chair Yoga
Tuesdays 11:15 a.m.

Terry Berry Library

100 Mohawk Rd. W.
Hamilton
Chair Yoga
Wednesdays 12:30 p.m.

Grandview Retirement Home

83 Centennial Pky S.,
Stoney Creek
Wednesdays 10 a.m.

Sherwood Library

467 Upper Ottawa St.
Hamilton
Sit to be Fit
Thursdays 10:30 a.m.
Relaxation and Movement
1st Thursday of each month
1:30 p.m.

Ancaster Library

300 Wilson St. E.
Hamilton
Wednesdays 1 p.m.
Fridays 11 a.m.

Stoney Creek Library

777 Highway 8
Stoney Creek
Mondays & Wednesdays
1 p.m.

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
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**

www.alzda.ca

September 2026-1

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GRIMSBY/DUNDAS/HALTON CLASSES AND LOCATIONS

St. Andrews Anglican

156 Main St. W.

Grimsby

Mondays, Wednesdays & Fridays

10:15 a.m.

St John's Anglican Church

2464 Dundas St.

Burlington

Tuesdays & Thursdays 11 a.m.

Burlington Gardens

300 Plains Rd W.

Burlington

Mon, Tues, Wed, Thurs & Fri

10 a.m.

Dundas Library

18 Ogilvie St.

Dundas

Fridays 12:20 p.m.

Tuesdays 11:30 a.m.

Compass Point Bible Church

1500 Kerns Rd.

Burlington

Sit to be Fit

Thursdays 11 a.m.

North Burlington Baptist Church

1377 Walker's Line

Burlington

Mondays 10 a.m.

& Wednesdays 12:30 p.m.

St Pauls United Church

29 Park St W, Dundas

Tuesdays 12:30 p.m.

Thursdays 11 a.m.

Canadian Legion Branch 60

828 Legion Rd.

Burlington

Wednesdays & Fridays

11:30 a.m.

Tansley Woods Library

1996 Itabashi Way

Burlington

Mondays 11:15 a.m.

Highland Hills Faith Community

1 Lyndale Dr.

Dundas

Wednesdays & Fridays 11 a.m.

Central Library

2331 New Street,

Burlington

Mondays 11:15 a.m.

Tansley Woods Community Centre

1996 Itabashi Way

Burlington

Thursdays 1p.m.

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