

Mondays

9:30 – 10: 30 Middleville Community Centre Hall
9:30 – 10:30 Watson’s Corners Hall
9:00 – 10:00 Snow Road Community Hall

Tuesdays

9:00 – 10:00 Ferguson’s Falls Hall
11:00 – 12:00 Snow Road Comm. Hall **GENTLE**

Wednesdays

9:30 – 10:30 St. Andrew’s United Church, Lanark

Thursdays

9:30 – 10:30 Middleville Community Centre Hall
9:00 – 10:00 Snow Road Community Centre
11:00 – 12:00 Snow Road Comm. Hall **GENTLE**

Fridays

9:00 – 10:00 Ferguson’s Falls Hall



Classes are designated as HeartWise Exercise by the University of Ottawa Heart Institute.

Fun & Fitness for Older Adults



If you are an older adult or senior and want to increase or maintain your activity and fitness level in a social and supportive setting then this is for you!

These are **free**, weekly, hour-long exercise classes to help you get in shape or keep in shape.

‘Gentle’ classes are for people who are recovering from injury or illness or who use a walking support (ie. chair, cane, or walker)

All programs are led by trained community volunteers who are recertified on a yearly basis.

For more information give Pam a call at either 613-259-2182 or 1-866-762-0496, X2306



North Lanark Community Health Centre

A part of Lanark Renfrew Health and Community Services
www.northlanarkkchc.on.ca

