

FREE

# Senior's Exercise Classes

64+

[lumacare.ca/healthier-living-centre](http://lumacare.ca/healthier-living-centre)

Join us for a free, fun, and fit exercise class every week!  
This is a low-impact, high energy class choreographed to music which can help improve strength, mobility, and daily function for seniors!



**Every Monday**  
9:00 - 10:00 AM

**180 Chalkfarm Dr.,**  
*RECREATION ROOM*

**180 Chalkfarm Drive**



For more information or to register, please contact:  
**Patresia Bartley at 647.403.1853**

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