

# Senior's Exercise Classes

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



Join us for a free, fun, and fit exercise class every Monday and Thursday at 7 Arleta Avenue

## MONDAY

1:30 - 2:30 pm

## THURSDAY

1:00 - 2:00 PM

### 7 Arleta Avenue



**RECREATION ROOM**

 **416.398.5511**

 **[lumacare.ca](http://lumacare.ca)**



For more information or to register, please contact:  
**Lizette at 416.305.1547**