

Senior's Exercise Classes

lumacare.ca/healthier-living-centre



Join us for a free, fun, and fit exercise class every Monday, Tuesday, Wednesday, & Friday at 3680 Keele Street.

MONDAY

10:00 - 11:00 AM

TUESDAY

11:00 - 12:00 AM

WEDNESDAY

1:00 - 2:00 PM

FRIDAY

9:30 - 10:30 AM

3680 Keele Street



RECREATION ROOM

416.398.5511

lumacare.ca



For more information or to register, please contact:
Lizette 416.305.1547 or Andres 416.633.9519 ext. 310