

Senior's Exercise Classes

lumacare.ca/healthier-living-centre



Join us for a free, fun, and fit exercise class every Tuesday and Thursday at Irving Chapley Community Centre.

TUESDAY

1:00 - 2:00 PM

THURSDAY

11:00 - 12:00 PM

Irving Chapley Community Centre

205 Wilmington Ave, North York, ON M3H 6B3



RECREATION ROOM

416.398.5511

lumacare.ca

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

