



## FREE EXERCISE CLASSES

Join us for a free, fun, and fit exercise class!

**For:** Seniors, 64 years +

**When:** Tuesdays from 9:00 a.m. - 10:00 a.m.

Thursdays from 9:00 a.m. - 10:00 a.m.

Fridays from 10:30 a.m. - 11:30 a.m. & 11:30 a.m. - 12:30 p.m.

**Location:** 540 Finch Avenue West , Toronto , ON, M2R 1N6. - ( Bathurst Finch Hub)

For questions about Lumacare's Healthier Living Centre

please call: **416.633.9519** ext **310**

or email **Andres Guerrero** at [aguerrero@lumacare.ca](mailto:aguerrero@lumacare.ca)