



FREE EXERCISE CLASSES

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

For: Seniors, 64 years +

When: Mondays from 10:00 a.m. - 11:00 a.m.

Tuesdays from 11:00 a.m. - 12:00 p.m.

Wednesdays from 1:00 p.m. - 2:00 p.m.

Fridays from 9:30 a.m. - 10:30 a.m.

Location: 3680 Keele Street, North York, ON, M3J 1M2. - (Recreation Room)

For questions about Lumacare's Healthier Living Centre
please call: **416.633.9519** ext **310**

or email **Andres Guerrero** at aguerrero@lumacare.ca