

FREE

# Senior's Exercise Classes

64+

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

Join us for a free, fun, and fit exercise class every Tuesday, Thursday, and Friday at 540 Finch Avenue West.



## TUESDAY

9:30 AM - 10:30 AM

## THURSDAY

9:00 AM - 10:00 AM

## Friday

10:30 AM - 11:30 AM

11:30 AM - 12:30 PM

### 540 Finch Avenue West



For more information or to register, please contact:  
**Patresia Bartley at 647.403.1853**