

FREE Weekly Exercise Classes for Seniors

Classes run all year long

Tuesday & Thursday
2:30 – 3:30 pm
Hillsdale Hall
(stay as long or as
little time as your body
will move)

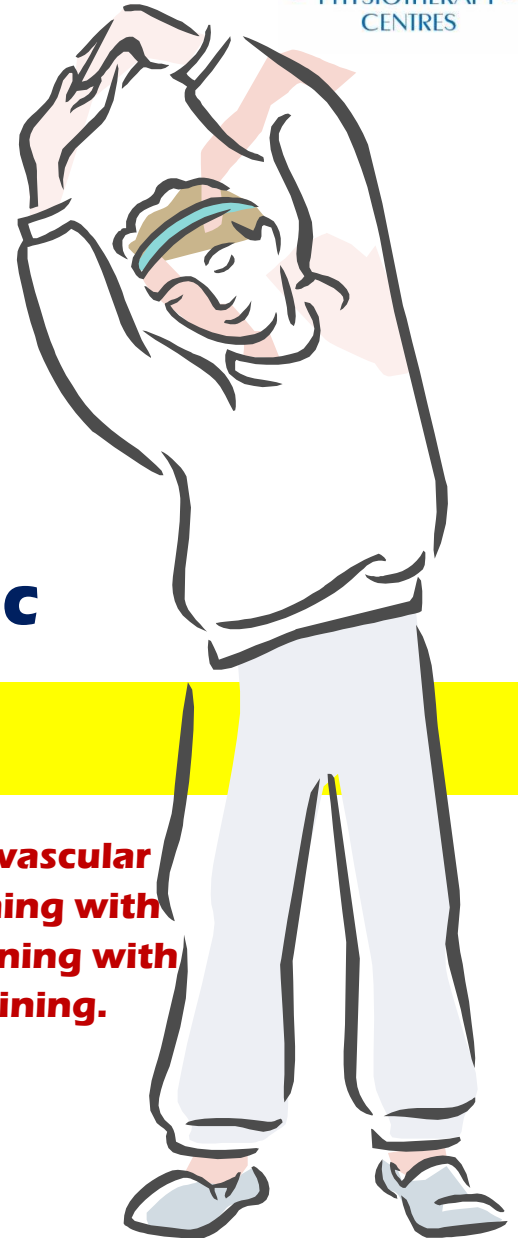
Classes Open to Public

Tanglewood Park Communiy Centre

30 Woodfield Dr.

These classes include accelerated cardiovascular activity, Range of Motion, strength training with resistance tubing, isomeric strength training with balls, flexibility training and balance training. These are chair exercise classes with some standing for balance exercises

Attend as many classes as you like!



Champlain

CCAC CASC

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For more info call:

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Or email activities@thca.ca