

# **FREE Weekly Exercise Classes for Seniors**

**Classes run all year long**

**Tanglewood Park  
Community Centre  
30 Woodfield Dr.  
(Hillsdale Hall)**

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

**Classes Open to Public**

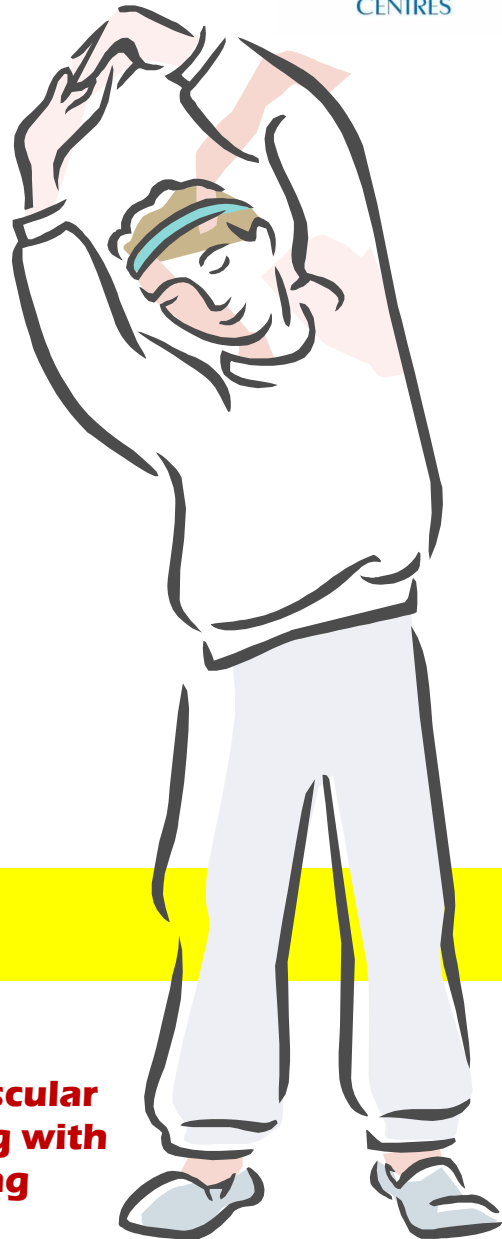
**For more info call:**

**Savita Bonsal 613-226-5461**

**Or email [programs-interior@thca.ca](mailto:programs-interior@thca.ca)**

**These classes include accelerated cardiovascular activity, Range of Motion, strength training with resistance tubing, isometric 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!**



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