



Seniors' Activity Centre

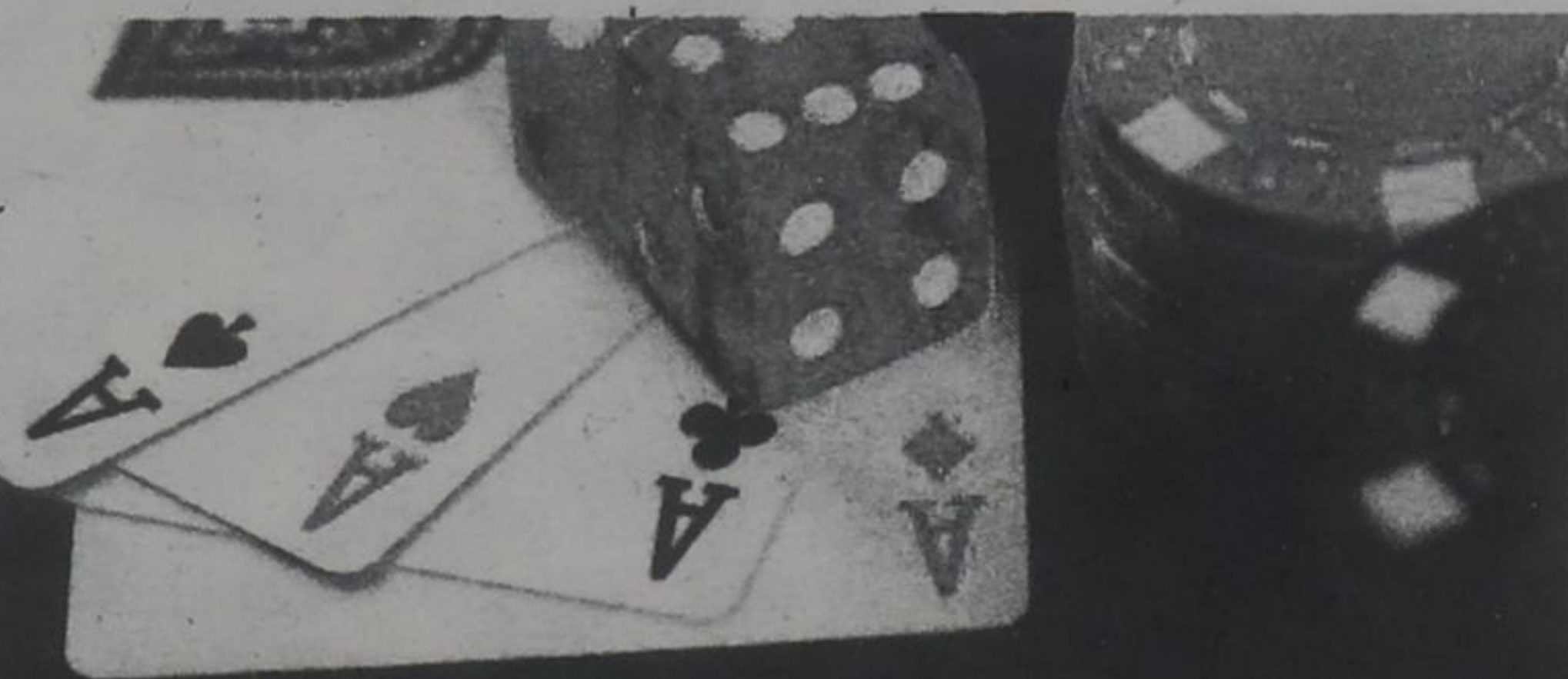
Non-members and those under 55 are also welcome to participate!

Ready for a new experience in 2019? Try a day trip or registered program!

Fallsview Casino

Monday, February 4, 9:10 am - 5:15 pm
\$15/members, \$20/non-members

Enjoy a luxury coach to Fallsview Casino in Niagara Falls. A \$10 casino bonus is included. Register by January 21.



Workout and Warmup this Winter!

Strengthen & Tone

In this program designed specifically for older adults, work on strengthening your muscles and increasing flexibility by using hand weights, bands and more!

Thursdays, January 10 - February 14 (5 classes)
9:30 am - 10:30 am \$30.05

Nia

Experience an hour of movement that incorporates free-form, to music incorporating your body, mind, emotions and spirit.

Thursday, January 10 (1 class)
9:30 am - 10:30 am \$6.00

Thursdays, January 17 - February 21 (5 classes)
9:30 am - 10:30 am \$30.05

Total Cardio

Burn calories while moving your entire body to funky moves and music. Combinations will include step touch, hamstring curls, knee repeaters and more. No equipment will be used.

Monday, January 7 (1 class) **FREE**
9:00 am - 9:45 am

(Pre-registration required, limited seating)

Mondays, January 14 - February 11 (5 classes)
9:00 am - 9:45 am \$30.05

Total Body

A combination of total body conditioning that involves both strength and cardio exercises. Participants will use hand weights, bands, sliders and stability balls.

Wednesdays, January 9 - February 6 (5 classes)
10:30 am - 11:30 am \$30.05

Program Holiday Cancellations: December 24, 2018 - January 1, 2019



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Audiology Centre & Dispensary

- Hearing tests
- Hearing aid prescription and sales (ADP, DVA, WSIB)
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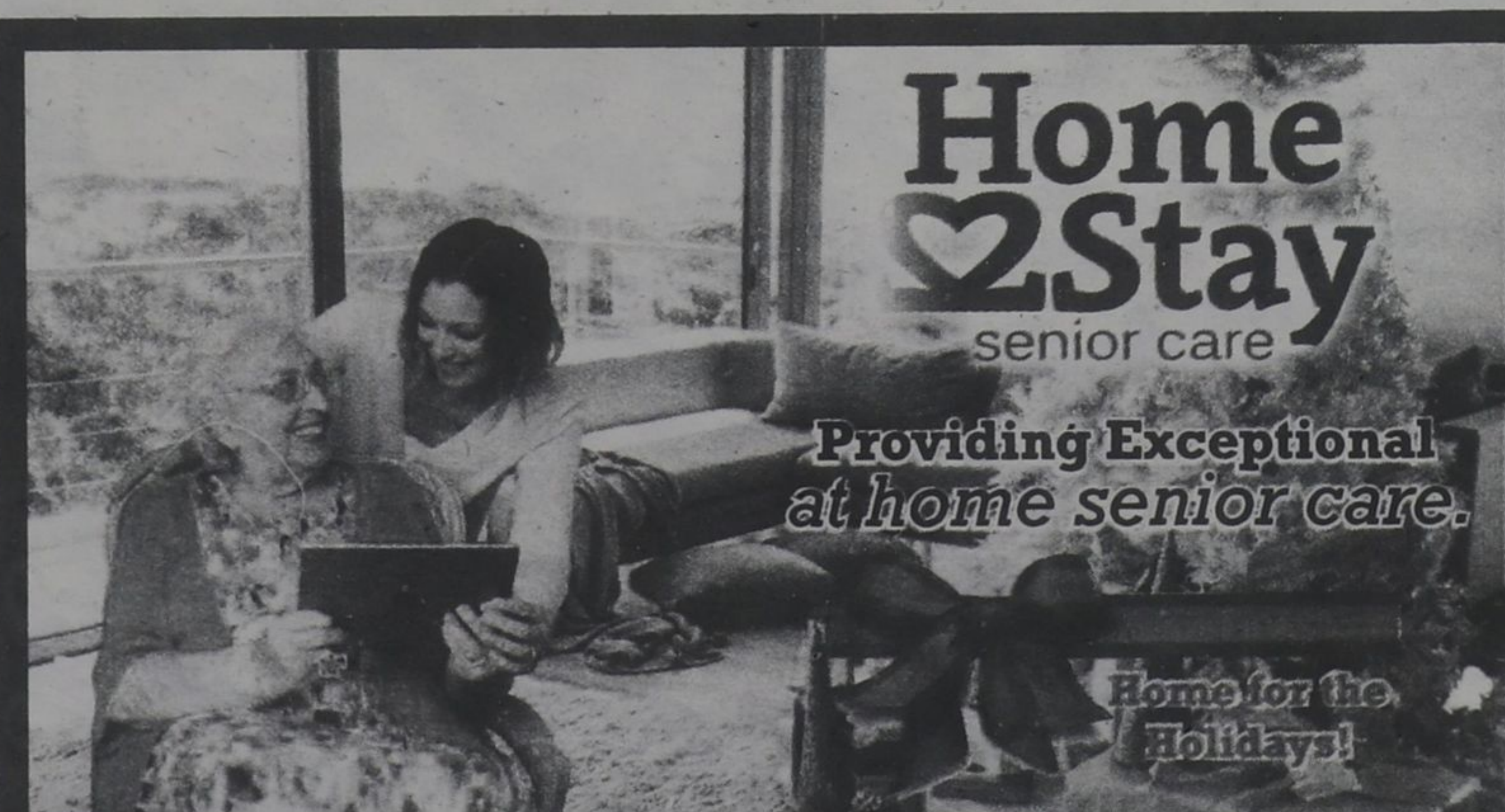
Yes, Yes I can!



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At Freedom Fitness we believe that exercise is the prescription for a long, healthy, and vibrant life.

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