

# Fitness Classes at Crossroads!

690 Sir John A. Macdonald Blvd.

**Seniors Fitness:** Improve cardio, balance, and strength!



- Tuesday mornings, 9:15 to 10:15
- Begins September 18, 2018
- Geared to all fitness levels
- *Good will offering per class, if possible*

**Yoga:** Relax, breathe, and rejuvenate for the day!



- Thursday mornings, 8:15 to 9:15
- Begins September 20, 2018
- Geared to all fitness levels
- *Good will offering per class, if possible*

**Zumba Gold:** Start your day with a DANCE PARTY workout!



- Thursday mornings, 9:30 to 10:15
- Begins September 20, 2018
- Geared to all fitness levels
- *Good will offering per class, if possible*

**Classes are taught by certified instructors.  
*All are welcome!***