

Crossroads Wellness Program

690 Sir John A. Macdonald Blvd.

2019 Spring Session: April 9 to May 30

Tuesday mornings

- ◆ Seniors Fitness 8:15 to 9:15
- ◆ Zumba 9:30 to 10:15



Wednesday mornings

- ◆ Information Sessions 9:30 to 10:30
- ◆ Balance Class 11:00 to 11:45

Wellness
Information Sessions



Thursday mornings

- ◆ Yoga 8:15 to 9:15
- ◆ Seniors Fitness 9:30 to 10:30



Wednesday Wellness Information Sessions:

For a listing of Sessions , please visit our website for updates:

www.crossroadsunited.ca

All classes are: taught by certified instructors,
geared to all fitness levels, for men and women.

A good will offering per class is appreciated. *All are Welcome!*