

Crossroads Wellness Program— Zoom Version

2022 Fall Session: Sept. 7 to Dec. 21

**PLEASE NOTE: There will be no classes the
week of October 31**



Monday morning

- ◆ Cardio & Strength 10:00 to 10:45

Tuesday morning

- ◆ Gentle Mindful Yoga 9:30 to 10:30

Wednesday morning

- ◆ PWR!Moves (Parkinson's Fitness) 10:00 to 11:00
- ◆ Exercise for Arthritis 11:15 to 12:00

All classes are taught by certified instructors over Zoom.

To register, please email Elaine at wellness@crossroadsunited.ca

***This Program is sustained solely by the Good Will offerings
of participants & donors — please visit the Crossroads website
(www.crossroadsunited.ca) if you would like to make an offering
in support of this Program.***