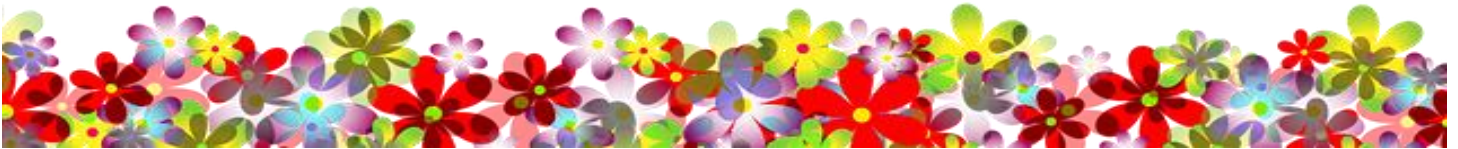


Crossroads Wellness Program

Zoom Version

2022 Spring Session: March 7 to June 29

PLEASE NOTE: There will be no classes the week of May 2.



Monday morning

- ◆ Cardio & Strength 10:15 to 11:00
- ◆ Exercise for Arthritis 11:15 to 12:00

Tuesday morning *(last class is June 14)*

- ◆ Gentle Mindful Yoga 11:00 to 12:00

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.