

Crossroads Wellness Program

690 Sir John A. Macdonald Blvd.

2019 Fall Session: Sept. 10 to Nov. 28

Tuesday mornings

- ◆ Seniors Fitness 8:30 to 9:30
- ◆ Zumba Gold 9:45 to 10:30



Wednesday mornings

- ◆ Yoga 8:30 to 9:30
- ◆ Parkinson's Fitness* 10:00 to 11:00
(*Limit of 10 participants; sign-up required by second class)
- ◆ Better Balance 11:15 to 12:00



Thursday mornings

- ◆ Fitness for Arthritis 8:30 to 9:15
- ◆ Information Session OR 9:30 to 10:30
Facilitated Discussion
- ◆ Line Dancing 11:00 to 11:45



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!

Information Sessions OR Facilitated Discussion:

For a listing please visit our website: www.crossroadsunited.ca