

Crossroads Wellness Program

690 Sir John A. Macdonald Blvd.

2020 Winter Session: Jan. 7 to March 26

Tuesday mornings

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



Wednesday mornings

- ◆ Parkinson's Fitness 10:00 to 11:00
- ◆ Better Balance 11:15 to 12:00



Thursday mornings

- ◆ Fitness for Arthritis 8:45 to 9:30
- ◆ Gentle Cardio 9:30 to 10:00
- ◆ Community Conversations* 10:15 to 11:15
(*Connect with others, share ideas and insights on topics of interest over a cup of tea)



All classes are taught by certified instructors.

This Program is sustained solely by the Good Will offerings of participants & donors plus the generous provision of space by Crossroads United Church.