

# Free Community Exercise Classes for Seniors

## No Registration Required Drop-ins Welcome

Classes focus on: cardio, balance, strength and flexibility. For more question  
please call: 519-664-1900 or 1-855-664-1900

### Wilmot Township

#### Wilmot Recreation Complex

M,W,F 8:45-9:30 & 9:45-10:30  
(Dry Land Training Room)

#### New Dundee Community Centre

M,W 1:00-2:00  
1028 Queen St. New Dundee

### Wellesley Township

#### Wallenstein Bible Chapel

Tues, Thurs 9:30-10:30  
4522 Herrgott Rd. Wallenstein

#### Pond View

Tues, Thurs 1:30-2:30  
1 Pondview Dr. Wellesley  
Club Room

### Woolwich Township

#### The Meadows

Tues, Thurs 9:30-10:30  
29 Water St. S St. Jacobs

#### St. James Lutheran Church

Tues, Thurs 3:00-4:00  
60 Elmira St. South

#### Duke St Apartments

Tues 1:30-2:30  
28 Duke St. Elmira

#### NEW CLASS!!!

#### Valley View

M,W,F 4:00-4:45  
1070 Printery Road, St. Jacobs