

Community Exercise Program For Seniors 65+



Introducing FOUR types of exercises:

- **Endurance** – improve health of the heart and circulatory system
- **Strengthening** – build muscle tissue and reduce age-related muscle loss
- **Stretching** – keep body limber and flexible
- **Balance** – reduce chances of a fall

Class Start Date	Program Days	Times
Year around program	Tuesdays & Thursdays	1 Session from 9:45 am to 10:30 am

- Free of charge
- Space is limited and registration is required
- Please present your Health Card at your class enrolment
- Participants will be asked to take part in an assessment (PAR-Q Form) prior to start.



Welcome Centre - Newmarket
16655 Yonge Street, Unit 26
Newmarket, ON L3X 1V6
Toll-free: 1-877-761-1155
www.welcomecentre.ca

York Region Transit Routes:
98 YONGE
or VIVA BLUE



Please join us!

For enquiry and registration, please contact:

- **Carefirst: 416-847-8939**
- **Mobility Matters: 416-557-9599**



Funding support provided by:

