

# 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	Two 45 minute sessions: <ul style="list-style-type: none"> <li>• 9:00 am - 9:45 am</li> <li>• 9:45 am – 10:30 am</li> </ul>

- 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](http://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:

