

# FREE Weekly Exercise Classes for Seniors



**Monday  
Class #1**

**9:00am – 9:30am**

**Monday  
Class #2**

**9:30am – 10:00am**

**Friday  
Class #3**

**3:00pm – 3:30pm**

**Friday  
Class #4**

**3:30pm – 4:00pm**

## Classes Open to Public

**Pinecrest Queensway Community Services  
1365 Richmond Road**

**Choose from: Range of Motion,  
Rhythm & Co-ordination, Strength & Balance**

**These are chair exercise classes with  
some standing for balance exercises**

**For more info call:  
Champlain CCAC at 310-2222**



Champlain

**CCAC CASC**

Community  
Care Access  
Centre

Centre d'accès  
aux soins  
communautaires  
de Champlain

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