



## **Older Adult Fitness Classes**

- Who:** People who are interested in maintaining or increasing their fitness level.
- What:** Trained community volunteers lead weekly exercise classes to help you get in shape or keep in shape. Different levels of fitness ability can be accommodated in our classes.
- When:** Mondays 9:30-10:30 am North Lanark CHC  
**And** Mondays 9:30-10:30 am MERA, McDonalds Corners  
**Where:** Wednesdays 1:30-2:30 pm United Church Hall, Lanark

**Cost:**



**Feel free to drop-in on your own or with a friend.**

**Call Kara at 259-2182 for more information**



**North Lanark County  
Community Health Centre**

A part of Lanark Health and Community Services