

# FREE EXERCISE CLASSES FOR SENIORS (55+) ON ZOOM



HAMILTON | NIAGARA  
Centre de santé  
communautaire

Votre bien-être, notre raison d'être!

## Missing exercise...?

Please join us for LIVE exercise sessions on Zoom

### Two type of classes:

**Stay Fit** : Cardio, balance, strength and flexibility - with music

\*disponible en Français\*

**Keeping Balance**: Balance, strength and flexibility - without music

**For information about how to join please email:**

**[exercise@cschn.ca](mailto:exercise@cschn.ca)**

**\*Please specify in your email which class/program you would like to attend\*  
(Stay Fit or Keeping Balance)**



## Meet your instructors

Marie-Claude (MC)



Anne



Leah

