



Community & Primary Health Care  
*Making A Difference In Your Community*



# Gentle Fit Program

## CLASS SCHEDULE



- Heart Wise Exercise Location with on-site Automated External Defibrillator (AED)

### SENIORS GENTLE FIT CLASSES

(All Classes are Free)

Community	Location	Date	Time
Brockville	Highway Pentecostal Church	Monday & Thursday	11:00 a.m.—12:00
Gananoque*	Recreation Centre	Tuesday & Thursday	10:00 a.m.-11:00
Mallorytown	Mallorytown Community Centre	Monday & Wednesday	12:30—1:30 p.m.
Perth	Perth Civitan Hall	Tuesday & Thursday	11:00 a.m. -12:00
Westport	Westport Baptist Church	Monday & Wednesday	10:30-11:30 a.m.

*Classes are starting in January 2016*

FOR ADDITIONAL INFORMATION PLEASE CONTACT HEATHER MILLER AT

TEL: 613-257-3296 EXT. 2301 or 1-800-465-7646 EXT. 2301

Classes are open to men and women 65+ years of age. Classes are geared towards personal ability, and include functional exercises. This program meets specific Heart Wise Exercise standards designated by the University of Ottawa Heart Institute. No experience required.

**Instructors certified through the Canadian Centre for Activity & Aging**