Sit to Be Fit

Community Exercises for seniors

Sit to Be Fit is a FREE, low impact workout for seniors.
The program is designed to promote health and fitness for seniors and those wishing to increase strength, balance, flexibility and endurance.
All of these components help to improve and maintain daily living skills.

Canadian Legion Branch 60
828 Legion Rd., Burlington
Monday @ 11:00 am
Wednesday @ 9:00 am
Friday @ 11:00 am

Burlington Baptist Church
2225 New St., Burlington
Monday & Wednesday @ 12:00 pm

Sobeys Extra
1250 Brant St. (North Service Rd), Burlington
Wednesday @ 11:30 am

St John's Anglican Church
2464 Dundas St., Burlington
Tuesday & Thursday @ 2:30 pm

Burlington Gardens
300 Plains Rd West, Burlington
Monday, Tuesday, Wednesday,
Thursday and Friday @ 10:00 am

St Mark's United Church
1 Lynndale Dr., Dundas
Monday @ 12:30 pm
Friday @11:30 am

Dundas Library
Temporary location due to renovations
55 Cootes Drive, Dundas
Wednesday @ 11:00 am

The Roxborough Senior Centre
785 Britannia Ave, Hamilton
Monday @ 9:00 am
Thursday @ 10:30 & 11:30

Compass Point Bible Church
1500 Kerns Rd, Burlington
Monday @ 1pm

Goodness Me
2300 Fairview St., Burlington
Friday @ 10:00 am

North Burlington Baptist Church
1377 Walker's Line, Burlington
Tuesday @ 10:30 am
Friday @ 11:30 am

Sunrise Senior Living
5401 Lakeshore Rd., Burlington
Monday @ 1:30 pm
Wednesday @ 3:00 pm

Village Manor
57 St John St. W., Waterdown
Monday, Wednesday
Thursday @ 10:15 am

Be Yoga & Wellness
4031 Fairview St., Burlington
Tuesday @ 2:00 pm & Friday @ 1:15 pm

Sherwood Library
467 Upper Ottawa St., Hamilton
Tuesday & Wednesday @ 1:30 pm

The Village of Tansley Woods
4100 Upper Middle Rd., Burlington
Wednesdays @ 1:30 pm

The Alzheimer Society of Hamilton Halton
4391 Harvester Rd Unit 8, Burlington
Wednesday @ 10:30

St Matthews House
460 Wentworth St North, Hamilton
Tuesday @ 10:30

Kenilworth Branch Library
103 Kenilworth Ave N, Hamilton, ON
Thursday @ 12:45

If you do not attend class on a regular basis or are interested in starting please call the number below to assure classes are running as usual. Classes may be cancelled due to double room booking or holidays.

If school buses are cancelled due to weather conditions classes are cancelled as well.

Funded By: Ontario
Hamilton Niagara Haldimand Brant Local Health Integration Network
Réseau local d'intégration des services de santé de Hamilton Niagara Haldimand Brant

For more information call
1-866-428-1552

Société Alzheimer Society
BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

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