



Parry Sound District Seniors

LET'S GET PHYSICAL!

find a class in your area



Carling

Community Centre, 2 West Carling Bay Rd.

Senior exercise class

Tue & Thurs 10:30 am - 12:00 pm

For more information: 705-342-9174



Dunchurch

Community Centre, 2199 Hwy 124

Senior exercise class

Mon & Wed 10-11 am

For more information: 705-349-3309



Foley

Community Centre, 60 Rankin Lake Rd

Gentle exercise & walking

Thurs 1:00-2:00 pm

For more information: 705-746-5602 x. 104



Humphrey

Community Centre, 15 Humphrey Dr.

Chair Yoga with Magda

Thurs. 9:30-10:30 am

For more information: 705-746-0926



McKellar

Community Centre 701 Hwy 124

Gentle Exercise & Walking

Mon & Wed 10:30 am-12:00 pm

For more information: 705-389-1450



Orrville

Community Centre, 1207 Hwy 518

Chair Yoga with Magda.

Mon & Fri 9:30-10:30 am

For more information: 705-746-0926



Parry Sound

60 James St., Parry Sound

Yoga with Magda

Thurs 11:30 am

For more information: 705-746-0926

60 James St., Parry Sound

Seated exercise

Tues & Thurs 1:30-2:30 pm

For more information: 705-746-5602 x. 104

6 Church St. Trinity Anglican Church

Parkinson's Movement & Music Class

Wed 10:30 am Registration required

For more information: 705-746-9011



Rosseau

Wellness Room at Nursing Station

17 Victoria St. W

Gentle exercise

Wed. 11 am -12 pm

For more information: 705-770-9343



Pointe Au Baril

Community Centre, 70 South Shore Road

Group exercise

Mon 1:15-2:30 pm & Thurs 10:30-11:45 am

For more information: 705-938-1886

Please note: class content may vary,
and exercises are tailored to the needs
and abilities of regular attendees.

Ontario



West Parry Sound District
COMMUNITY
SUPPORT SERVICES