



Hey, Parry Sound District Seniors

LET'S GET PHYSICAL!

ITS GOOD FOR THE BODY AND THE MIND

find a class in your area

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

Carling

Community Centre, 2 Carling Bay Rd.
Senior Exercise Class
Tue & Thurs 10:30 am - 12:00 pm
For more information: 705-342-9714

Dunchurch

Community Centre, 2199 Hwy 124
Walk Fit
Mon Wed & Fri 10-11 am
For more information: 705 349 3309

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
Classes start Sept. 22
Mon & Wed 10:30 am-12:00 pm
For more information: 705-389-1450

Orrville

Community Centre, 1207 Highway 518
Chair Yoga with Magda.
Mon & Fri 9:30-10:30 am
For more information: 705-746-0926

Parry Sound

CSS Activity Room 60 James St., Parry Sound
Seated Exercise starting Sept 9
Tues & Thurs 1:30-2:30 pm
Yoga with Magda starting Sept 16
Tue 10-11 am & Thurs 11:45-12:45 pm
For more information: 705-746-5602 x. 104

Pointe Au Baril

Community Centre, 70 South Shore Road
Group Exercise
Classes start Sept. 23
Tues 1:15-2:30 pm & Thurs 10:30-11:45 am
For more information: 705-938-1886

Rosseau

17 Victoria Street, Rosseau
Healthy Aging & Exercise with Susan
Mon. & Wed 10- 11:30am
For more information: 705-732-6289



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