




Fit, Fun & Fully Alive! Fitness Classes for Older Adults

ZOOM Class Schedule (Fall 2020)



Mon.	9–10 am Hester	ZOOM
Tues.		
Wed.	9-10 am Linda	ZOOM
Thurs.		
Fri.	9-10 am Lawrie	ZOOM

ALL classes meet the Ottawa Heart Institute’s criteria for “Heart Wise Exercise” (HWE) All classes can safely include people with different chronic conditions like heart disease, diabetes, and stroke.



A Community Program
Whitewater Bromley Community Health Centre

A Part of Lanark Renfrew Health & Community Services



Every One Matters.