












Fitness Classes for Older Adults Class Schedule

Mon.	Cobden: Cobden Arena 9-10 am 	Foresters Falls: Trinity United Church, Main St. 9-10 am 	LaPasse: Our Lady of Mount Carmel, Parish Hall 9-10 am	Westmeath: Westmeath Recreation Centre 7-8 pm 
Tues.	Beachburg: Beachburg Public School 8-9 am 		Beachburg: Country Haven 10-11 am	
Wed.	Cobden: Cobden Arena 9-10 am		Foresters Falls: Trinity United Church, Main St. 9-10 am	
Thurs.	Beachburg: Beachburg Public School 8- 9 am 	Westmeath: Westmeath Recreation Centre 9-10 am 	Cobden: Caressant Care 9:15-10:00 am	
Fri.	Cobden: Cobden Arena 9-10 am 			



This symbol means this is a “Heart Wise” class. These classes have an AED (Automated External Defibrillator) on site with instructors trained to use the AED’s. “Heart Wise” classes meet the Ottawa Heart Institute’s “Heart Wise” criteria and can safely include those with heart disease or those concerned with their heart health.

