

GENTLE CHAIR YOGA



WARKWORTH

Improve your strength, flexibility, mobility and utilizing breath to leave you feeling relaxed and re-energized.

This class is specially adapted for seniors (55+) at any level of fitness and health.

Mondays: 10:00am to 10:45am
Mondays: 11:00am to 11:45am

January 7 to March 25, 2019

Fee: \$50 10 weeks
(no class Feb 18 & Mar 11)

Location: Masonic Hall
13944 County Road 29, Warkworth
Instructor: Alec Dewdney

https://www.commcare.ca/wellness.html#link_two

CAMPBELLFORD

An accessible practice for individuals who wish to experience the benefits of Yoga with the support of a chair. This class was created for seniors to help improve balance, core strength and overall sense of well-being. Suitable for any fitness level, modifications will be offered.



Mondays: 11:00am to 12:00pm
January 7 to March 25, 2019
Fee: \$50 10 weeks
(no class Feb 18 & Mar 11)

Location: Forrest Dennis Seniors Centre
55 Grand Road, Campbellford
Instructor: Roxanne Odell

Space is limited, pre-register

Office Hours

Monday – Friday 8:30am-4pm

174 Oliver Rd. Campbellford

www.commcare.ca



Wellness Coordinator

Gail Ellis

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