

**CHAIR YOGA** An accessible practice for individuals, who wish to experience the benefits of Yoga with the support of a chair. 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.



**WARKWORTH**

**Mondays: 10:00am-10:45am**

**Mondays: 11:00am-11:45am**

**April 1 to June 24, 2019**

11wk (no class Apr 22 & May 20) Cost \$55

**NEW! Wednesdays: 10:00am-10:45am**

**April 3 to June 26, 2019**

13wk Cost \$65

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

**CAMPBELLFORD**

**Mondays: 11:00am-12:00pm**

**April 1 to June 24, 2019**

11wk (no class Apr 22 & May 20) Cost \$55

**NEW! Fridays: 11:00am-12:00pm**

**April 5 to June 28, 2019**

12wk Cost \$60

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

\*\*All classes are available to every level of fitness. Instructors include all levels in every class therefore each person can be accommodated within the group. All participants have the option to complete each class from beginner to intermediate levels. Everyone welcome!

**NEW THIS SPRING!**

**CARDIOFIT** This is a choreographed class that accommodates the three pillars of fitness: cardio, strength and flexibility. Start off with a cardiovascular workout that includes about a 20-30 min choreographed routine or circuits to improve cardiovascular health. Then, move into strength training using either hand weights or resistance bands to increase both bone density and balance. Abdominal exercises will be provided towards the end of the routine and be done while standing as mat work is not included in this program. Finally, a long lengthening stretch will complete the class to restore muscles and joints. If you enjoy music and movement, this is the class for you!

**CAMPBELLFORD**

**Wednesdays: 10:00am-11:00am**

**April 3 to June 26, 2019**

13wk Cost \$65

Location: Bennett Lounge  
Campbellford & District Curling & Racquet Club,  
381 Front Street North, Cty Road 38, Campbellford  
Instructor: Natisha Taylor

Office Hours

Monday – Friday 8:30am-4pm  
174 Oliver Rd. Campbellford  
www.commcare.ca



Space is limited, pre-register

Tel: 705-653 1411  
campbellford@commcare.ca