



BRIGHTON EXERCISE CLASS SCHEDULE

“Exercise classes: where aging gracefully meets the rhythm of vitality!”



Chair Yoga Community Care Brighton Office

Accessible to people of all ages and fitness levels, particularly those with mobility issues or who may find traditional yoga challenging.

Tuesdays at 2 pm Starting March 12th
Wednesdays at 1:30 pm Starting March 20th
12 weeks | \$72

Cardio Fit + Light Chair Stretch Brighton YMCA

Combines invigorating cardiovascular exercises with gentle chair-based stretches, making it accessible to individuals of all fitness levels.

Thursday at 1 pm starting March 14th
12 weeks | \$72



Indoor Walking Club ENSS Brighton

Numerous benefits for physical, mental, and social well-being. Participants in walking clubs engage in regular group walks, fostering a sense of community and shared purpose.

Monday-Thursday 6-8 pm
Ends May 2024 | \$10 one-time fee

T'ai Chi with Lesley Simla Community Care Brighton Office

Explore the benefits of this ancient practice and bring harmony to your mind, body, and soul.

Fridays 10 am Starting April 5th
12 weeks | \$60.00

Join Us!



1-866-514-5774



wellness@commcare.ca



www.commcare.ca

Chair Yoga Codrington Community Centre

A modified form of yoga that can be done on a chair or using a chair for support, offering a variety of benefits, including: Improved Flexibility, Enhanced Strength & Better Posture.

Tuesdays at 1 pm starting March 5th
12 weeks | \$60.00

Line Dancing 'Dance in a Row with Joe' Codrington Community Centre

March to the rhythm of the country beat - get ready for a toe-tappin', heel-clickin' good time. Let's dance the stress away!

Tuesdays at 2:30 pm Starting March 5th
12 weeks | \$60.00



CommunityCare
NORTHUMBERLAND