



YMCA GENTLE EXERCISE FOR SENIORS

WEDNESDAYS 9:30AM - 10:30AM

The Gentle Exercise for Seniors program is a weekly class for local seniors wanting to enjoy movement in a gentle, accessible way. The program includes a variety of gentle exercises with a focus on basic movement and improved mobility skills.

Includes tea & coffee.

\$5
PER SESSION

**YMCA Springfield Lakes
Community Centre**

