TOWN OF Parry Sound

JF FITNESS AND THERAPY

MAINTAIN YOUR MOBILITY AND IMPROVE POSTURE WHILE HAVING FUN WITH LOW IMPACT EXERCISE!

GENTLE FIT

65+

BOBBY ORR COMMUNITY CENTRE-
HART ROOM

9AM-10AM

Session 1:
Sept-Oct
Mon & Thurs
Session 2:
Nov-Dec
Tues & Thurs
Session 3:
Jan-Mar
Tues & Thurs
Session 4:
Mar-May
Tues & Thurs

SCHEDULE & REGISTRATION:
WWW.PARRYSOUND.CA/ADULTPROGRAMS