



BLR TOWNSHIP & CRC SALC PRESENT

# FITNESS & WELLNESS

for Seniors at the BLR Community Centre

WEEKLY TUESDAYS @ 10:00-11:00AM  
WITH TRAINED SENIOR FITNESS  
INSTRUCTORS

- Adults welcome
- Exercise at your fitness level
- Low impact
- Discuss and share ideas for healthy living

Bring your water bottle and wear comfortable clothes and shoes

For more info call Jen @ 613-757-3108 x222