



FREE Balanced Fitness Classes

Open to All Seniors

Community Support Services

PLEASE DROP IN, we would love to see you...

Classes currently running:

Minden—Hyland Crest/Auditorium - Friday - 10:30 am

Wilberforce— Royal Canadian Legion - 2nd and 4th Thursday of the month 10:30am

Haliburton— Haliburton United church 2nd and 4th Tuesday of the month 10:30 am

Zoom—Tuesday 10:30 am & Friday 10:30—Link available by request

**** We are also offering Active Social Seniors in Minden, Wednesdays 10:30am in the Auditorium at Highland Crest ****

Call Georgia to register today!



"These EXERCISE classes maintain my HEALTH and joy for life"

Community Support Services

7185 Gelert Road, P.O. Box 956, Haliburton, ON K0M 1S0

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