

Join our **FREE SMART™** Gentle Exercise classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>10:00 AM - Calvary United Church 91 Gruhn St., Kitchener</p> <p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>4</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p> <p>2:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *regular SMART class*</p>	<p>5</p> <p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>6</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	
<p>10</p> <p>NO CLASSES</p>	<p>11</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p> <p>2:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *regular SMART class*</p>	<p>12</p> <p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>13</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	

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<p>24</p> <p>9:30 AM Holy Cross Lutheran Church 322 East Ave. Kitchener</p> <p>10:00 AM - Calvary United Church 91 Gruhn St. Kitchener</p> <p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave. Kitchener</p>	<p>25</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM - 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p> <p>2:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *regular SMART class*</p>	<p>26</p> <p>9:30 AM - 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>27</p> <p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	<p>28</p>

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