

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

**Monday**

9:30 AM <b>Holy Cross Lutheran Church</b> 322 East Ave, Kitchener
10:00 AM <b>St. Michael's Catholic Church</b> 80 University Ave, Waterloo (starts Oct 16)
2:30 PM <b>St Francis Catholic Church</b> 49 Blueridge Ave, Kitchener

**Tuesday**

9:30 AM <b>St James' Rosemount United Church</b> 171 Sherwood Ave, Kitchener
11:15 AM <b>St Ambrose Catholic Church</b> 210 South St, Cambridge
9:30 AM <b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener
1:30 PM <b>Mill Courtland Community Centre</b> 216 Mill Street, Kitchener *Parkinson's SMART class, all are welcome*
9:30 AM <b>Calvin Presbyterian Church</b> 248 Westmount Road East, Kitchener

**Wednesday**

9:30 AM <b>Holy Cross Lutheran Church</b> 322 East Ave, Kitchener
2:30 PM <b>St Francis Catholic Church</b> 49 Blueridge Ave, Kitchener
9:30 AM <b>Stanley Park Baptist Church</b> 31 Lorraine Ave, Kitchener
1:00 PM <b>Trillium United Church</b> 450 King Street East, Cambridge
10:00 AM <b>Waterloo Kitchener United Mennonite Church</b> 15 George Street, Waterloo (starts Oct 4)

**Thursday**

9:30 AM <b>St James' Rosemount United Church</b> 171 Sherwood Ave, Kitchener
11:15 AM <b>St Ambrose Catholic Church</b> 210 South St, Cambridge
9:30 AM <b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener
1:30 PM <b>Mill Courtland Community Centre</b> 216 Mill Street, Kitchener *Parkinson's SMART class, all are welcome*
10:00 AM <b>Glen Acres Baptist Church Fellowship Hall</b> 223 Hartwood Ave, Waterloo

**Friday**

10:00 AM <b>St. Michael's Catholic Church</b> 80 University Ave, Waterloo (starts Oct 16)
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## Looking for more classes? Why not join us virtually?

Virtual exercise classes cover aerobics, balance, strength, and stretching exercises. They can be done from anywhere you have internet! The added flexibility is perfect for staying active whether you're enjoying a summer getaway or relaxing at home. Email us at [physicalhealth@cscmow.org](mailto:physicalhealth@cscmow.org) to get set up with virtual exercise.

(519) 772-8787

\*Updated September 8th, 2023

[www.communitysupportconnections.org](http://www.communitysupportconnections.org)