

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

Monday

9:30 AM
Holy Cross Lutheran Church
 322 East Ave, Kitchener

2:30 PM
St Francis Catholic Church
 49 Blueridge Ave, Kitchener

Tuesday

9:30 AM
St James' Rosemount United Church
 171 Sherwood Ave, Kitchener

11:15 AM
St Ambrose Catholic Church
 210 South St, Cambridge

9:30 AM
Victoria Hills Community Centre
 10 Chopin Drive, Kitchener
 (starts Sept 5)

1:30 PM
Mill Courtland Community Centre
 216 Mill Street, Kitchener
 (starts Sept 5) *Parkinson's SMART class, all are welcome*

9:30 AM
Calvin Presbyterian Church
 248 Westmount Road East, Kitchener
 (starts Sept 12)

Wednesday

9:30 AM
Holy Cross Lutheran Church
 322 East Ave, Kitchener

2:30 PM
St Francis Catholic Church
 49 Blueridge Ave, Kitchener

9:30 AM
Stanley Park Baptist Church
 31 Lorraine Ave, Kitchener
 (starts Sept 13)

1:00 PM
Trillium United Church
 450 King Street East, Cambridge (starts Sept 13)

10:00 AM
Waterloo Kitchener United Mennonite Church
 15 George Street, Waterloo (starts Oct 4)

Thursday

9:30 AM
St James' Rosemount United Church
 171 Sherwood Ave, Kitchener

11:15 AM
St Ambrose Catholic Church
 210 South St, Cambridge

9:30 AM
Victoria Hills Community Centre
 10 Chopin Drive, Kitchener
 (starts Sept 5)

1:30 PM
Mill Courtland Community Centre
 216 Mill Street, Kitchener
 (starts Sept 5) *Parkinson's SMART class, all are welcome*

10:00 AM
Glen Acres Baptist Church Fellowship Hall
 223 Hartwood Ave, Waterloo
 (starts Sept 21)

Friday

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 to get set up with virtual exercise.