

Exercising with Soraya



HOME ACCESS PROGRAMS FROM
THE CALEDON SENIORS' CENTRE

In Partnership

With

Ontario 

**High Intensity – Tuesdays and Thursdays
at 10:00 a.m.**

Registration



**A great workout and a lot of fun! High intensity
cardio and strength class geared for Active
Seniors.**

You will need:

- ✓ **Water**
- ✓ **A chair without arms**
- ✓ **Resistance band / hand weights**
- ✓ **Running Shoes**
- ✓ **Caledon Senior's Centre Membership**

We're on Zoom!

Contact us today to get your link to all classes.

Call: 905-951-6114

Or Email:

csc.satellite2018@gmail.com

or

programs@caledonseniors.ca

The Caledon Senior's Centre offers low, medium and
high intensity exercise classes.

Pick the Intensity level you want to work at. See our Home Access Calendar
to view our current schedule go to www.caledonseniors.com

You need to be a member to
attend this class.

Membership to The Caledon Senior's Centre is free as of 2021.

We do not have an age restriction on membership. Drop by and fill out a
membership at 7 Rotarian Way in Bolton Monday to Friday 8:30 to 3:00
p.m. Or ask for one to be emailed to you.