



Active Living Fitness Program



Join us for a gentle fitness class in a safe and supportive environment. A fitness instructor will lead you in a variety of beginner and progressive fitness activities using simple instructions and equipment.

All levels and abilities.

When: *Mondays & Wednesdays*

**join us for coffee and treats at the North Shore Alliance Church "Bridging the Gap Program" following Wednesday's classes.*

Time: *1:15pm-2:00pm*

Where: *Memorial Gym—Beside Harry Jerome Rec. Centre*

Cost: *Free (Drop-in)*

Info: *604.983.6476*