



MAINTAIN YOUR MOBILITY AND
IMPROVE POSTURE WHILE HAVING
FUN WITH LOW IMPACT EXERCISE!

GENTLE FIT

65+

BOBBY ORR COMMUNITY CENTRE -
HART ROOM

9AM-10AM
TUESDAYS & THURSDAYS



Session 5:

June 04- July 11

\$96.00

Session 6:

July 16-August 22

\$96.00

REGISTRATION:

WWW.PARRYSOUND.CA/ADULTPROGRAMS