



GENTLE FIT

Maintain your mobility and improve your posture while having fun with low impact exercise!

9AM-10AM

TUESDAYS & THURSDAYS

Sept 10-Oct 31 (16 classes): \$130.00

Nov 05-Dec 19 (14 classes): \$115.00

Jan 07-Feb 27 (16 classes): \$130.00

Mar 04-Apr24 (16 classes): \$130.00

Drop in: \$12.00/Class

Register now at the Town Office, or Online
here: www.parrysound.ca/adultprograms

