

This is a fitness program offered for members of the Opeongo Seniors Centre 50+ club, 19 Stafford St. Barry's bay.

Our low-mobility classes offer those who are no longer comfortable in a higher-mobility class a great way to regain strength and mobility to once again enjoy a healthy life-style.

Our high mobility classes are for those who are still able to enjoy an active life style.

We invite you to come and try it out for a session. If you enjoy our class, this is just one of the programs offered to members for a fee of \$25 per year.

COME AND CHECK US OUT!
YOU'LL BE HAPPY YOU DID.

Sessions will be led by Certified Senior Fitness Instructors through the Canadian Centre for Activity and Aging.

"The certification is recognized by the International Coalition for Aging and Physical Activity (ICAPA) and the World Health Organization (WHO) and enables instructors to work with individuals that have a variety of special conditions, including arthritis, diabetes, heart disease, stroke and osteoporosis."

For more information, please call Opeongo Seniors Centre 50+ Club at 613-756-0554 or Dorothy Wilson at 613-756-6946



50 + Club Adult Fitness Program



**Mondays and
Thursdays**

**Low-mobility:
9:30-10:15**

**High-mobility:
10:30-11:30**

"FEELING ALIVE"

Join us
for an
Adult
Fitness
Program



at the Opeongo Seniors
Centre 50+ Club

Bring gym shoes and wear
comfy clothes.

Each session cost is a
mere \$1.00 !

SO LITTLE FOR SO
MUCH!



Functional assessments will be
offered spring and fall so that
participants can monitor their
own progress.

**OPEONGO
SENIOR
FITNESS!**

About The Program

Each class covers the following
components:

- Warm-up
- Cardiorespiratory Endurance
- Cool-down
- Muscle Strength and Endurance
- Stretch

Imagine Feeling Great Instructors
must complete:

- A 36-hour Seniors' Fitness
Instructor Course through the
Canadian Centre for Activity and
Aging
- Annual Refreshers
- CPR and AED training
- Recertification
every two years

