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 lifestyle.

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"

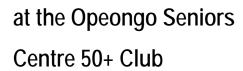
Join us

for an

Adult

**Fitness** 

**Program** 



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

