

# Last chance to Register.

## Summer Fitness for Older Adults

### Aging Stronger 55+

Strengthening exercises are known to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, it can help reduce the signs and symptoms of many chronic diseases, including arthritis. This program includes an interactive, educative class component with elements of training principles, and proper exercise techniques for older adults. Take your first step to aging stronger.

Pickering Rec Complex - Program Room 2

F	Jul 08 - Aug 26	10:30 - 12:00 pm	8 wks	81846	\$98.00
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### Cycle Fit 55+

Pickering Rec Complex - Studio B

W	Jul 06 - Aug 24	10:30 - 11:00 am	8 wks	83301	\$30.40
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### Fit Fusion 55+

Pickering Rec Complex - Studio A

M	Jul 04 - Aug 22	11:30 - 12:20 pm	8 wks	81875	\$54.25
F	Jul 08 - Aug 26	11:30 - 12:20 pm	8 wks	83303	\$54.25

### Keep Fit 55+

East Shore CC - Gym

Tu	Jul 19 - Sep 06	10:00 - 11:00 am	8 wks	81883	\$54.25
Th	Jul 21 - Sep 08	1:00 - 2:00 pm	8 wks	83340	\$54.25



### Nia 55+

Pickering Rec Complex - Studio C

M	Jul 04 - Aug 29	11:00 - 12:00 pm	8 wks	81893	\$54.25
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### Nia/Drums Alive Fusion 55+

Pickering Rec Complex - Studio A

Th	Jul 07 - Aug 25	11:30 - 12:30 pm	8 wks	81894	\$54.25
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### Stretch & Strengthen 55+

Pickering Rec Complex

W	Jul 06 - Aug 24	11:30 - 12:30 pm	8 wks	81915	\$54.25
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### Yoga 55+

Pickering Rec Complex - Studio C

Tu	Jul 05 - Aug 23	11:30 - 12:30 pm	8 wks	81945	\$54.25
W	Jul 06 - Aug 24	11:30 - 12:30 pm	8 wks	81944	\$54.25
F	Jul 08 - Aug 26	10:10 - 11:10 am	8 wks	81946	\$54.25

### Yoga/Nia Fusion 55+

Pickering Rec Complex - Studio C

W	Jul 06 - Aug 24	1:00 - 2:00 pm	8 wks	83304	\$54.25
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### Zumba Gold 55+

Pickering Rec Complex - Studio A

M	Jul 04 - Aug 22	1:00 - 2:00 pm	8 wks	81952	\$54.25
W	Jul 06 - Aug 24	1:00 - 2:00 pm	8 wks	81951	\$54.25