

Come & Try

55+ Fitness Program

Tuesday, December 17, 11:30 am

(Johnson Township Community Centre, Desbarats)



Stay Fit, Have Fun!

YMCA 55+ is coming to your community to help you stay fit and have fun doing it!

Improve your functional fitness and independence while focusing on endurance, strength, balance and flexibility. Come out and try a sample class on December 17, 2019.

Where: Johnson Township Community Centre

When: Tuesdays at 11:30 am beginning January 7, 2020



Call the Sault Ste. Marie YMCA to register.*

705.949.3133

*15 spots available

Funded by:

