



Free Seniors Exercise Program

Start Date: Tuesday June 6th, 2017

Class Times:

Tuesdays & Fridays
9:00am – 10:00am

Location:

Carlow Community Centre



No floor or mat work
Can be performed seated or standing
With or without mobility aids

Stay active, have fun in a safe and effective program designed for the older adult.

For more information and to register please call:

1-888-279-4866 ext 5350