



Gentle Fitness - Adapted Classes

This class focuses on light activities to stimulate coordination and movement. Ideal for all, including those with special needs who are working on sensory skills, range of motion or light fitness. Class can be adapted to accommodate those in wheelchairs; those needing assistance with their activities; or for those that are mobile but would benefit from increased activity. Facilitators are required for participants who cannot participate independently. Facilitators attend free of charge. A great social class for all involved.



**Whitchurch-Stouffville Leisure Centre
2 Park Drive, Stouffville
L4A 4K1
905-642-PLAY (7529)**



**Tuesdays 1:00 - 1:55pm
starting Sept. 26 – 12 weeks
or
Fridays 1:00-1:55pm
starting Sept. 29 – 12 weeks**

Fee: \$84.00

to register contact Barb Armstrong, Fitness Supervisor
905-642-7529 ext. 5328 or barb.armstrong@townofws.ca

Online registration: www.townofws.ca use the **WSPLAY** online link