



# Join the SMART Program!

A Functional Fitness Program for Adults 55+

## SMART PROGRAM REGISTRATION/INFORMATION

\*Gentle, yet challenging exercises for older adults 55+

Cost: Free

## DATES/LOCATIONS

### TIME

### LOCATION/ADDRESS

#### TUESDAY JANUARY 2, 2018

Starts at 9:15am

*Royal Canadian Legion*

96 Great Northern Road, **Basement**

\*After Registration, classes will be every Tuesday and Thursday 9:15-10:00am for 12 weeks.

#### TUESDAY JANUARY 2, 2018

Starts at 11:30am

**Canadian Red Cross**

5-475 Trunk Road

\*After Registration, classes will be every Tuesday and Thursday 11:30-12:15pm for 12 weeks.

#### THURSDAY JANUARY 4<sup>th</sup>, 2018

Starts at 10:30am

**North Community Center**

556 Goulais Avenue

\*After Registration, classes will be every Tuesday and Thursday 10:30-11:15am for 12 weeks.

**\*Registration in Person Only**

**\*Limited Space Available**

**For more information: VON Algoma (705) 942-8200**

