

STAYING ACTIVE, HEALTHY & ENGAGED

Join Our Live Stream Exercise Classes



Emily Eastman



Mondays 2pm

Strong & Steady

(strengthening, standing & balance)

Wednesdays 1:30pm

Strong & Steady

(strengthening, standing & balance)

Fridays at 10am

General Seated Exercise

Wellness Check-ins also available

REGISTER BY CALLING US AT

Phone: 1.800.315.4417 or

Email: marlon.bruiners@lifemark.ca