



## Community Exercise Program - For Seniors (In-person class)

FOUR types of exercises:

- 1) Endurance – improve health of the heart and circulatory system
- 2) Strengthening – build muscle tissue and reduce age-related muscle loss
- 3) Stretching – keep body limber and flexible
- 4) Balance – reduce chances of a fall



Jun 16, 2022

**An Adults 55+ membership is required to participate in all programs.**

- Existing members: please present the membership card upon registration
- New members: please complete purchasing an Adults 55+ membership before applying this program

### Bayview Hill Community Centre (114 Spadina Rd, Richmond Hill, ON L4B 2Y9)

Class Type	Day & Time	Code	Program Start Date
Qigong Practice	Thursday 10:00am—10:50am	61120 A	July 7
Qigong Practice	Thursday 11:00am—11:50am	61120 B	July 7
Conditioning Exercise	Thursday 1:30pm—2:20pm	61118 B	July 7
Chair Yoga	Thursday 2:30pm—3:20pm	61013B	July 7

**Please contact Central Local Health Integration Network (Central LHIN) for assessment.  
Tel: 416-222-2241 ext. 6444 or 1-888-470-2222**

**For enquiry and registration, please contact:**

- Registration link: <https://forms.office.com/r/qe6LWNwHb2>
- Bayview Hill / Wellness Club Hotline Tel: (905) 884-6092 / (416) 847-8939
- Wellness Email: [wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)

- Year-round program. (No program on Public/Statutory Holiday). Free of charge.
- Space is limited and registration is required.
- Please present the City of Richmond Hill Adults 55+ membership card upon registration. Registration with expired membership is accepted this time only. Participants must have to present valid Adults 55+ membership September 1, 2022 onwards.
- Please bring your Health Card and Adults 55+ membership card for registration.
- Participants should wear comfortable clothing and indoor shoes for the program.