



STRONG & STEADY AT ST. CATHERINE'S

Chair Fitness Classes for Seniors (all ages welcome)

Thursdays, 2:30 p.m. - 3:30 p.m.
6 classes for \$48 or a \$10 drop-in fee

S&S is a welcoming, low-impact class for seniors who want to stay active, build strength, and improve balance in a safe environment. All exercises are done with support of a chair and can be adapted to individual needs and abilities. Using soft balls and bands (provided) participants improve mobility, coordination, posture, and confidence—helping them remain independent, stay active, and get stronger.

This class is for you if you:

- have minor mobility limitations
- use a cane or walker
- have balance concerns
- are experiencing stiffness and some pain due to Arthritis
- feel challenged to perform daily tasks due to reduced strength

*Classes are offered by Sandra Cordero
CFES PT & FI - Older Adult Fitness Specialist*

**1058 Ridgewood Drive, North Van
access from Wellington Crescent**

To register, please contact the St. Catherine's Church office:
(604) 985-0666 office@saint-catherines.org saint-catherines.org