



**Tone  
Muscles**

**Reduce  
Joint Pain  
and  
Stiffness**

**Build a  
Stronger  
Heart**

# Cardio and Conditioning Group



 Ontario This project is supported by the Government of Ontario

**ACTIVE2010**

**When?** Thursday's 10am-11:00am  
**January 21<sup>st</sup>-March 11<sup>th</sup>, 2010**

**Where?** Cencourse Apartment Building  
2<sup>nd</sup> floor, Friendship Hall  
30 Tuscarora-entrance on Tuscarora

**Who?** Adults over the age of 18 years old.



Please contact (519) 255-9940 ext.353 to register  
[www.citycentrehealthcare.ca](http://www.citycentrehealthcare.ca)



- \*Please wear comfortable clothing and bring appropriate shoes (running shoes)
- \*Please bring a water bottle