



We make fitness fun!

SAPPFIT

South Asian **Punjabi** Program

Free Health and Wellness for seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga In-person 12:30pm - 1:30pm	Beginners Aerobic In-Person 11:45am-12:45pm	Yoga Virtual-Zoom 11:30am-12:30pm	Beginner Aerobics In-Person 11:45am-12:45pm ----- Yoga In-Person 1:00pm-2:00pm	Yoga Virtual - Zoom 11:30am - 12:30pm

Location:

DominicAgostino Riverdale Community Center 150
Violet Drive, Hamilton, ON

For more information contact:

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Seniors & Community
Wellness Programs
(905) 522-9922 ext. 103

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