



YWCA ACTIVE LIVING
CENTRES 55+

BONE HEALTH CLASSES

Build strength from the
inside out with
low-impact,
resistance-based
workouts crafted for all
fitness levels.

For as low as \$42.00 a
term, join one of our bone
health classes today

Membership required

5 GREAT CLASSES 2 GREAT LOCATIONS

75 MacNab St. S. 905-529-7727

Bones and Balance Plus

Monday 10:30 am - 11:30 am

Thursday 10:15 am - 11:15 am

Bones and Balance

Wednesday 1:00 pm - 1:45 pm

52 Ottawa St. N 905-522-9922 ext 541

Intermediate Bones

Tuesday 11:00 am - 12:00 pm

Beginner Bones

Thursday 10:00 am - 11:00 am



YWCA
HAMILTON