



Thursday, March 6, 2025

Senior's Exercise Program

Date and Time: Thursday, March 6 9:30 am

Address: The Kagawong Park Centre - 39 Henry Drive Kagawong, ON

The graphic features a teal background with white line-art leaves in the top-left and bottom-right corners. On the right side, there is a photograph of two women in a gym setting, one in a blue long-sleeve shirt and another in a purple tank top, both with their arms raised. A yellow circular logo with the text "GYM·TONIC" and "FITNESS, WELLNESS, RECOVERY. REFRESH YOUR SPIRIT." is overlaid on the photo. The main text is in a white serif font, and the bottom right contains a white sans-serif font.

NEW SENIOR'S EXERCISE CLASS

with Kelly Ranta
Kagawong Park Centre
Thursday Mornings at 9:30am

Targeting:

- strength
- fall prevention
- balance
- fun
- mobility

No fee to attend &
No registration required!

Thursday, March 13, 2025

Senior's Exercise Program

Date and Time: Thursday, March 13 9:30 am

Address: The Kagawong Park Centre - 39 Henry Drive Kagawong, ON



NEW SENIOR'S EXERCISE CLASS

with Kelly Ranta
Kagawong Park Centre
Thursday Mornings at 9:30am

Targeting:

- strength
- balance
- mobility
- fall prevention
- fun

No fee to attend &
No registration required!

Thursday, March 20, 2025

Senior's Exercise Program

Date and Time: Thursday, March 20 9:30 am

Address: The Kagawong Park Centre - 39 Henry Drive Kagawong, ON



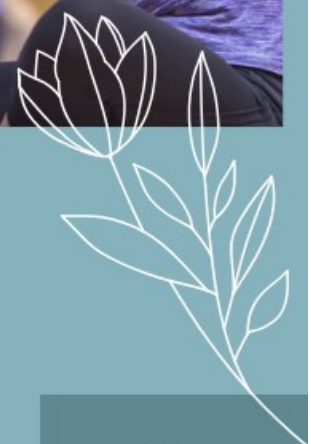
NEW SENIOR'S EXERCISE CLASS

with Kelly Ranta
Kagawong Park Centre
Thursday Mornings at 9:30am

Targeting:

- *strength*
- *balance*
- *mobility*
- *fall prevention*
- *fun*

No fee to attend &
No registration required!



Wednesday, March 26, 2025

Senior's Exercise Program

Date and Time: Wednesday, March 26 9:30 am

Address: The Kagawong Park Centre - 39 Henry Drive Kagawong, ON



NEW SENIOR'S EXERCISE CLASS

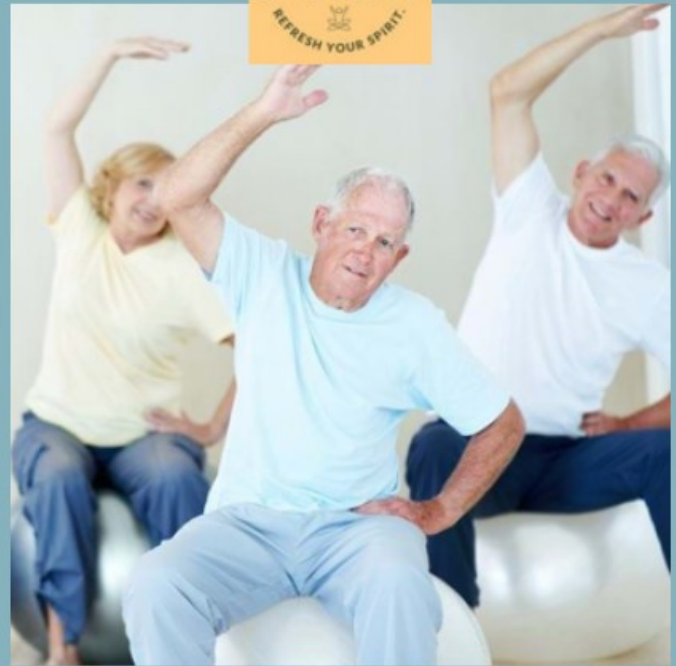


with Kelly Ranta
Kagawong Park Centre

Wednesday March 26, 2025
9:30am

Targeting:

- *strength*
- *balance*
- *mobility*
- *fall prevention*
- *fun*



No fee to attend &
No registration required!

<https://calendar.billingstwp.ca>