

# CORNWALL SENIORFIT

Benson Center

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 am	Walkfit Pam	CXT 60+ Marg	Gentle Yoga Pam		Gentle Yoga Pam
10:15 am		Fun Filled Fitness Deb		Fun Filled Fitness Deb	Strength & Stretch Pam
10:30 am	Strength & Stretch Pam		Strength & Stretch Pam		

For other information on our programs at our other locations see the SD&G Fitness schedule

New this fall is CXT 60+

A class for able-bodied individuals aged 60 and over.

Each week is a new exciting class format including fun ways to enjoy cardio, strength and flexibility! Can be enjoyed standing or from the chair or both so everyone can enjoy and stay fit!