

SPRUCE ACTIVE LIVING CENTRE

Located at 643 West Gore St
Stratford, ON

These **FREE** classes are designed for older adults and/or those living with a chronic health condition.

TYPE OF CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
		10:30-11:15 am Griffith Auditorium			10:30-11:15 am Griffith Auditorium
Mid Level L2 Designed for those with a moderated level of ability. Class is a mix of both standing and seated components.	10:15-11:15 am Griffith Auditorium		10:15-11:15 am Griffith Auditorium		
Strength L3 Designed for those with a moderate to vigorous level of ability. Provides the option to participate at a higher level of intensity.	1:30-2:30 pm Griffith Auditorium			10:15-11:15 am Griffith Auditorium	
Balance L3 Designed for those with a moderate to vigorous level of ability. Provides the option to participate at a higher level of intensity.		1:30-2:30 pm Griffith Auditorium		1:30-2:30pm Griffith Auditorium	
Men's Strength Class L1 Strength training class just for men.			1:30-2:15 Activity Room		

Class locations, time and days are subject to change. Please arrive with water and running shoes. .

You will be required to complete a registration form upon arrival.

Contact Information: Lindsay Otto, Wellness Coordinator | 519-271-4090 ext. 2247 | rehab@sprucelodge.on.ca