



Join FREE exercise classes for Older Adults (65+)
North Bay and area / Parry Sound and area
Participez gratuitement à des cours d'exercices
pour personnes âgées (65 ans et plus).

No registration required ~ Drop in welcome ~ Times and locations subject to change

Sans rendez-vous ~ Aucune inscription requise ~ Les heures et le lieu pourraient être modifiés

Supported by / Financé par :



| Municipality municipalité | Location emplacement | Address adresse | Days and Times journée et temps | Contact Person contact | Phone téléphone | Email |
|--------------------------------------|---|--|------------------------------------|---------------------------|-------------------------|--|
| Sturgeon Falls <i>(Bilingual)</i> | West Nipissing Residence 1 | 163 King Street, Sturgeon Falls, ON | Mon & Thurs 10-11am | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | West Nipissing Residence 2 | 140 Parker Street Sturgeon Falls, ON | Tues & Thurs 11am - 12pm | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | West Nipissing Villa Aubin | 145 Hilditch Sturgeon Falls, ON | Mon: 11:00am Wed: 10:00am | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | West Nipissing Community Health Centre | 145 Main Road, Sturgeon Falls, ON | Mon: 11:00am Wed: 10:00am | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | Joie de Vivre | 715 Coursol Road, Sturgeon Falls, ON | Mon: 2:45pm | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | Villa des Pignons | 709 Coursol Road, Sturgeon Falls, ON | Tues: 2:30pm | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | Villa du Loisir | 106 rue Michaud, Sturgeon Falls, ON | Wed: 2:45pm | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Sturgeon Falls <i>(Bilingual)</i> | Domaine Leclair | 711 Coursol Road, Sturgeon Falls, On | Tues: 2:30pm | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Cache Bay <i>(Bilingual)</i> | Cache Bay United 50+ Club | 53 Bain Street Cache Bay, ON | Mon: 6:30pm Wed: 11:00am | Celeste Auger Proulx | 705-753-0151 ext 214 | cap@cscno-wnchc.org |
| Corbeil <i>(English)</i> | Corbeil Park Hall | 392 Hwy 392 Corbeil, ON | Mon & Fri 9:30-10:30am | Ginette Gagnon | 705-472-8050 | Ginette.Gagnon@von.ca |
| North Bay <i>(English)</i> | Castle Arms (I) | 400 Olive Street North Bay | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |

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|---|--------------------------------|-------------------------------------|-----------------------------------|----------------|-----------------------------|--|
| North Bay (English) | Castle Arms (II) | 400 Olive Street North Bay | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |
| North Bay (English) | Castle Arms (III) | 400 Olive Street North Bay | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |
| North Bay (English) | Marina Point | 225 Oak Street West, North Bay | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |
| North Bay (English) | Marina Point | 225 Oak Street West, North Bay | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |
| North Bay (English) | The Barclay House | 600 Chippewa Street West | Call to confirm | Kim Summers | 705-495-4391 | ksummers@paramed.com |
| North Bay (English) | Place St. Vincent | 250 Victoria St. E North Bay, ON | Wed: 12:30pm Fri: 9:00-10:00am | Ginette Gagnon | 705-472-8050 | Ginette.Gagnon@von.ca |
| East and West Parry Sound, Ontario | | | | | | |
| Rosseau (English) | Ruth Dare Clinic | 17 Victoria Street, Rosseau | Call to confirm | Susan Sanger | 705-732-6289 | n/a |
| Parry Sound (English) | Parry Sound YMCA | 36 Smith Crescent Parry Sound | Call to confirm | Peter Bertrand | 705-746-0511 | Peter.Bertrand@sm.ymca.ca |
| Parry Sound (English/German) | Belvedere Heights | 21 Belvedere Avenue, PS | Call to confirm | Linda Taylor | 705-746-5602 | ltaylor@belvedereheights.com |
| Magnetawan (English) | Magnetawan Community Centre | 4303 Hwy 520 Magnetawan | Call to confirm | Cindy Leggett | 705-382-2679 | fitchic48@gmail.com |
| Powassan (English) | Senior for the Pines | 325 Katherine St, Powassan | Call to confirm | Betty Alice | 705-724-5804 705-7242561 | Bbasso10@yahoo.com |
| Trout Creek (English) | Trout Creek Seniors' Club | 215 Morrison St. Trout Creek | Call to confirm | Sue Linklater | 705-723-5731 | esadlink@gmail.com |
| McKellar (English) | McKellar Community Centre | 701 HWY 124 McKellar | Call to confirm | Patty Eaton | 705-389-9649 | pateaton17@gmail.com |
| Carling (English) | Carling Community Centre | 2 West Carling Bay Rd. | Call to confirm | Margaret Lloyd | 705-342-1701 | n/a |
| Humphrey | Humphrey Community Centre | 15 Humpfrey Dr. | Call to confirm | Magda Tarco | 905-220-6494 | magdajustbe@icloud.com |
| Orrville | Community Centre | 1207 Hwy 518 | Call to confirm | Magda Tarco | 905-220-6494 | Magdajustbe@icloud.com |
| Dunchurch | Dunchurch Community Centre | Hwy 124 Dunchurch | Call to confirm | Barb Bennett | 705-389-9828 | footcare.bennett@gmail.com |

For more information on available exercise classes in your community call your health unit at 1-800-563-2808

Pour plus d'information sur les classes disponibles dans votre communauté, veuillez appeler 1-800-563-2808

Class info subject to change ~ Le temps et lieux des classes peuvent changer

As of: August 31, 2018