

Ages 55+

Fall Fitness

Aging Backwards

Wyebriidge Community Centre

Aging Backwards uses dynamic movement to re-balance the body's full musculature, realign fascia, and create a mind-body connection. You will implement movements and techniques taken from classical ballet, modern dance, Tai Chi, Pilates, and physiotherapy exercises.

Session 1 » September 10 – October 15, 2026 (6 weeks), \$63 ^{+HST}

Session 2 » November 5 – December 10, 2026 (6 weeks), \$63 ^{+HST}

Session 3 » January 7 – February 25, 2027 (8 weeks), \$84 ^{+HST}



Chair Yoga

Wyebriidge Community Centre

Discover the benefits of yoga in a supportive, accessible format! Chair yoga helps build strength, improve balance, enhance focus, and increase joint mobility, all key for fall prevention and maintaining independence and fitness.

Session 1 » September 10 – October 29, 2026 (8 weeks), \$85 ^{+HST}

Session 2 » November 12 – December 17, 2026 (6 weeks), \$64 ^{+HST}

Session 3 » January 7 – February 25, 2027 (8 weeks), \$85 ^{+HST}

No session: September 24



Walking Group

Free drop-in program

Stay active, connected, and enjoy the outdoors with our free 55+ Walking Group! Join us for casual group walks throughout the Township, supported by our wonderful Nature Connect Volunteer Ambassadors.

Visit tiny.ca/Seniors for an up-to-date list of events.



VON SMART Program

Free drop-in program

Low impact gentle fitness program specifically designed for adults 55+ to help build muscle strength, balance, endurance, flexibility, and mobility.

Township of Tiny Community Centre » Thursdays, 1:00 pm – 2:00 pm

Lafontaine Community Centre » Mondays, 10:30 am – 11:30 am

