

Older Adult Fitness Program

Monday and Wednesdays
10:00 am – 11:00 am

MDM Community Centre 2802-222 Street Bellevue
Transportation available – call for the Town Rounder 562-8833

A fitness program with a positive atmosphere to help get
motivated, meet new friends, and have fun.

This program is designed to accommodate standing and
chair exercises. Drop in and check it out, no fees apply.

Call Community Services Department
for more information call 403-562-8833.



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