

Fall back into Fitness.





**Stretch and Bike**

Hope Centre Health Care Inc.

Time: 1:30 p.m. - 2:00 p.m.

**Tuesdays**

**Start**: September 25 2018 **End**: November 30 2018

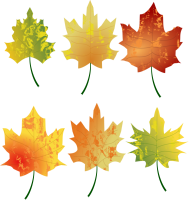












**Chair Drummer’s/Yoga Chair**

Hope Centre Health Care Inc.

Time: 11:00 p.m. - 11:30 p.m.

**Fridays**

**Start**: September 28 2018 **End**: November 30 2018