

Ready, Steady, Balance

Challenge your stability, work your core and find your balance. Attend this 45-minute workshop to increase your understanding of balance training and how it can help you to feel more confident on your feet.

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON N1R 3H3

January 17, 2020 | 10:00 am – 11:00 am

April 17, 2020 | 10:00 am – 11:00 am

To register:

Phone: 519-623-9622 ext. 2214

Email: wellness@ckw.ymca.ca

Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1

February 14, 2020, 2020 | 1:00 pm – 2:00 pm

May 8, 2020 | 1:00 pm – 2:00 pm

To register:

Phone: 519-725-8783 ext. 262

Email: wellness@ckw.ymca.ca

A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

March 10, 2020 | 5:00 pm – 5:45 pm

June 5, 2020 | 10:00 am – 10:45 am

To register:

Phone: 519-743-5201 ext. 241

Email: wellness@ckw.ymca.ca



**YMCA COMMUNITY
HEALTH AND FITNESS
WORKSHOPS**

Posture Workshop

Stand tall, look and feel better

Attend our 45-minute posture workshop that includes a postural assessment, education and exercises to improve your posture.

Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1

January 10, 2020 | 1:00 pm – 2:00 pm

April 17, 2020 | 1:00 pm – 2:00 pm

To register:

Phone: 519-725-8783 ext. 262

Email: wellness@ckw.ymca.ca

A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

February 7, 2020 | 10:00 am – 10:45 am

May 12, 2020 | 5:00 pm – 5:45 pm

To register:

Phone: 519-743-5201 ext. 241

Email: wellness@ckw.ymca.ca

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON N1R 3H3

March 20, 2020 | 10:00 am – 11:00 am

June 5, 2020 | 10:00 am – 11:00 am

To register:

Phone: 519-623-9622 ext. 2214

Email: wellness@ckw.ymca.ca

MOVE FOR HEALTH Osteoarthritis & Exercise

Do you have arthritis? Pain, stiffness and questions?

Join us for a workshop to discuss osteoarthritis and the role of exercise in arthritis management. Includes tips on what to do, and how to get started with exercise.

A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

January 9, 2020 | 5:00 pm – 5:45 pm

April 17, 2020 | 10:00 am – 10:45 am

To register:

Phone: 519-743-5201 ext. 241

Email: wellness@ckw.ymca.ca

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON N1R 3H3

February 21, 2020 | 10:00 am – 11:00 am

May 15, 2020 | 10:00 am – 11:00 am

To register:

Phone: 519-623-9622 ext. 2214

Email: wellness@ckw.ymca.ca

Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1

March 13, 2020 | 1:00 pm – 2:00 pm

June 12, 2020 | 1:00 pm – 2:00 pm

To register:

Phone: 519-725-8783 ext. 262

Email: wellness@ckw.ymca.ca