



We know
better health
means a better life

LIVE SMART

Learn, move and connect
for better health

- Fitness for **Healthy Hearts** (high blood pressure/cholesterol, weight management, physically inactive, managed heart conditions)
- **Healthy Bones, Joints and Muscles** (osteoporosis, arthritis, fibromyalgia, pre/post joint replacement, chronic pain)
- Fitness for **Breath** (COPD, pulmonary fibrosis, asthma, pulmonary rehab. maintenance)

Build your knowledge to support a healthy, active lifestyle • Receive an individualized exercise program tailored to your health and fitness level by certified YMCA wellness staff • Join others in a small supportive group setting • Improve your mood, energy and stress management through exercise

Book a free consultation to see if this program is a fit for you:

Kitchener - Shriya Maharaj: smaharaj@ckwymca.ca 519-743-5201 x 255
Cambridge - Marc Demers: mdemers@ckwymca.ca or 519-623-9622 x 242

Program meets for 1 hour sessions, 2 times per week for 12 weeks.

A third optional pool session is available.

Morning, afternoon and evening programs are available.

Cost: No cost for YMCA members.

Non YMCA members \$90+HST which includes a YMCA membership for the duration of the program.

Payment options and membership subsidy available.

