

# KEEP WELL FITNESS CLASS SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>Online: to register contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;"><b>Parkgate Community Centre</b></p> <p>3625 Banff Court North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>Online: to register contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;"><b>Lions Gate Community Centre</b></p> <p>1733 Lions Gate Lane North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>Silver Harbour Seniors Centre</b></p> <p>144 East 22nd Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>
<p style="text-align: center;"><b>North Shore Neighbourhood House</b></p> <p>225 East 2<sup>nd</sup> Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>		<p style="text-align: center;"><b>Silver Harbour Seniors Centre</b></p> <p>144 East 22<sup>nd</sup> Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>NEW - Lynn Woods Kiwanis Centre</b></p> <p>2551 Whiteley Court North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	
			<p style="text-align: center;"><b>West Vancouver Kiwanis Centre</b></p> <p>959 21 Street West Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	
<p style="text-align: center;"><b>Delbrook Community Centre Arbutus Room</b></p> <p>851 West Queens Road North Vancouver</p> <p>11:00 Mild Exercise 12:00 Social Hour &amp; activities</p>		<p style="text-align: center;"><b>West Vancouver Seniors Activity Center</b></p> <p>695 – 21<sup>st</sup> Street West Vancouver</p> <p>11:15 Mild Exercise 12:00 Social Hour &amp; activities</p>		

The North Shore Keep Well Society acknowledges that we are on the unceded territories of the Coastal Salish people, including the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and Səl̓ílwətaʔ/Sel̓ílwitulh (Tsleil-Waututh) Nations

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**Website: [www.keepwellsociety.ca](http://www.keepwellsociety.ca)**