

JUNE Our Month at a Glance SENIOR'S MONTH



The following programs listed below welcome all ages and fitness levels and encourage you to be the best you can be!

AquaFit **Easy Does It** **Adult & Tot** **DanceFit** **Healing Yoga**

INSTRUCTED
AQUATIC CLASSES

INSTRUCTED
FITNESS CLASSES

Adult & Senior **Lane Swim** **Zumba** **Stretch/Release** **Yoga**

Personal Training Unique to your individual needs!

Achieve positive results unique to your body and your needs. Set goals and work directly with a certified personal trainer! Available by appointment only with Fitness or Aquatic Trainers. Individual or package options are available.

Senior Membership Perks 55+

Are you age 55 or older? YOU qualify for our Senior membership discount! Enjoy swims, classes, fitness center, squash courts, ice skating, boxing and so much more! For further information regarding membership types and prices please contact us or go online at northhuron.ca.

Outdoor Walking Trails

Are you looking for outdoor activities within your community? Blyth, Belgrave, East Wawanosh and Wingham have a lot to offer varying from outdoor trails, to skate parks, to sports fields. Blyth is home to the famous "Greenway Trail" which runs alongside the edge of the beautiful village.

Outdoor Pickleball May to September

Come join in for some pickleball fun! A mix between table tennis, squash and tennis. Open to all ages and abilities and FREE to the community! This program is offered at the Tennis Courts at FE Madill School and the old Wingham Public School. Drop-In Only! Come have fun with us!

It's COOL to be a SENIOR



For more details about anything you see above, please contact us!

(519) 357-1208 | www.northhuron.ca | on-line registration