



SENIOR MEN'S CIRCUIT

Facilitated by

PAULETTE HAINES

Personal Trainer & Fitness Leader

Learn how to move through a Daily Activities for Living(DAL) inspired circuit with stations designed to strengthen your core, upper and lower body strength, and improve balance.

Paulette will be there to guide you through each movement, offering clear instruction, coaching on proper form and personalized advice for adjusting to your needs. She can modify or enhance any station to match your abilities, ensuring you feel supported and challenged at the right level for you.

STARTING: Monday Jan 12, 2026

**ENDING: Monday Feb 23, 2026
(no class on February 16 Family Day)**

Time: Mondays from 1 pm to 2 pm for 10 weeks

Location: Holy Trinity Church Hall

2 Hammond River Rd, Quispamsis, NB

Cost: \$50 for 10 Classes

Pre-Register by calling 506-647-8170