

Made possible through the partnership of Holy Trinity Hammond River
and the Anglican Diocese of Fredericton



Essential Exercise

Move Better. Feel Stronger. Stay Independent.

Class Focus

Build strength, increase flexibility, and move through daily activities with greater confidence.

- Strengthen the muscles you use for everyday activities
- Improve flexibility, mobility, balance, and coordination
- Enjoy guided stretching as part of each class
- Modify most exercises to match your ability level

Holy Trinity Anglican Church Hall

2 Hammond River Road, Quispamsis

Start date:

Monday, Sept 17, 2026 10:00-10:45am

End date:

Monday Nov 16, 2026

\$50 for 10 Classes

REGISTRATION REQUIRED Space is limited!

CALL PAULETTE HAINES: 506-609-9099

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