



Essential Exercise

Move Better. Feel Stronger. Stay Independent.

Classes Focus On:

- Build strength for daily activities
- Improving flexibility, balance & coordination
- Guided stretching
- Adapting exercises to your level

Holy Trinity Anglican Church Hall

2 Hammond River Road, Quispamsis

Start date:

Monday, Sept 14, 2026 10:00-10:45am

End date:

Monday Nov 23, 2026

\$50 for 10 Classes

REGISTRATION REQUIRED Space is limited!

CALL PAULETTE HAINES: 506-609-9099

Email: Pmhaines11@gmail.com