



Stretch & Balance to Music

For Seniors

With

Kimberly Hall

This exercise program focuses on good posture, mobility, core strength, balance and toning while bringing out musicality and artistry.

Starts: Thursday September 17th, 2026

Time: 10 am to 10:45 am

Location: Holy Trinity Church Hall

2 Hammond River Rd, Quispamsis, NB

Cost: \$30 for 6 Classes

Pre-Register by calling 506-647-8170