



SMART Classes Are NOW available at Between the Lines Sport Campus

Corey Smith Program Coordinator, Wellness for Seniors

Program Information:

Weekly exercise programs offered at different levels of intensities.

Level 1

- Designed for those with limited mobility
- This level of class is primarily seated with optional standing components as tolerated

Level 2

- Designed for those with a moderate level of activity
- This level of class is a mix of both standing and seated components

Level 3

- Designed for those with a moderate to vigorous level of activity
- Provides the option to participate at a higher level of intensity

Location:

*Between The Lines Sports
Campus*

275 Rocher Rd, Listowel, ON

Cost:

FREE

Days & Times:

Level 1

- Tuesdays & Fridays
- 1:30 pm – 2:30 pm

Level 2

- Tuesdays & Thursdays
- 10:30 am – 11:30 am

Level 3

- Tuesdays & Thursdays
- 9:00 am – 10:00 am

How Do I Register:

To register, please call
Community Support Services Intake at:
1-844-482-7800

Or

VON Perth Huron
Wellness for Seniors Coordinator,
Corey Smith at:
519-291-5898 ext. 4333

Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON site. **For more information, visit www.von.ca or call 519 291 5898 ext 4333**
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