

WELLNESS EXERCISE CLASS SESSIONS

Move • Dance • Walk • Feel Good!

Join our fun and friendly exercise classes made for all adults (18+). No experience needed – all fitness levels welcome! Wear comfortable clothes & bring water.

Registration Is Required: 16 spots per class only!



SCAN HERE



Registration
Required.
No drop-ins!



Jan 20th, 21st and 22nd 2026



Ajax Welcome Centre - Classroom C



3:30 PM - 4:30 PM



[Click
Here!](#)

[REGISTER HERE](#)



FOR MORE INFORMATION PLEASE CONTACT: RAFIAH SHAIKH

| E: rshaikh@cdcd.org | P: 289-255-1380 / 905-686-2661 Ext: 232



458 Fairall Street, Unit 5
Ajax, ON L1S 1R6
Toll-free: 1-877-761-1155
www.welcomecentre.ca

