

# 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!



**Registration  
Required.  
No drop-ins!**



**Jan 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> 2026**



**Ajax Welcome Centre - Classroom C**



**3:30 PM - 4:30 PM**



**Click  
Here!**

**REGISTER HERE**

**FOR MORE INFORMATION PLEASE CONTACT: RAFIAH SHAIKH**

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[www.welcomecentre.ca](http://www.welcomecentre.ca)**



**Welcome Centre Lead Agencies:**

Ajax – Community Development Council Durham  
Oshawa - Community Development Council Durham  
Pickering – Durham Region Unemployed Help Centre

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