



Branch 006
Cloverdale



Royal Canadian Legion
Branch No. 6 - Cloverdale
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Pilot Program – Morning Exercise Classes Cloverdale Legion

Are you feeling shut in, sluggish, or stiff?

Join us for a gentle and welcoming morning exercise session designed to help improve mobility, balance, and overall well-being.

Program Details:

- **Tuesdays**
- **11:00 a.m. – 12:00 p.m.**
- **February 17 – March 17, 2026**
- **Free of charge** (donations welcome)

These sessions will focus on gentle stretching, mobility, and balance exercises suitable for participants who are in good health and able to engage in light physical activity.

What to Bring:

- Comfortable clothing
- Flat, supportive shoes
- A water bottle

Please note:

This pilot class will be led by a Legion member volunteer who is **NOT** a certified fitness instructor.

If there is sufficient interest, a qualified instructor will be engaged for future sessions.

Participants are responsible for ensuring they are medically fit to participate in exercise.

We look forward to seeing you there!