

Zoomers on the Go
August 1-15 2021
Zoom in the Sun or on the Screen!



Interested in trying a **FREE** exercise program led by a person of your age in person or online?

ONLY requirement = 50 years old and over

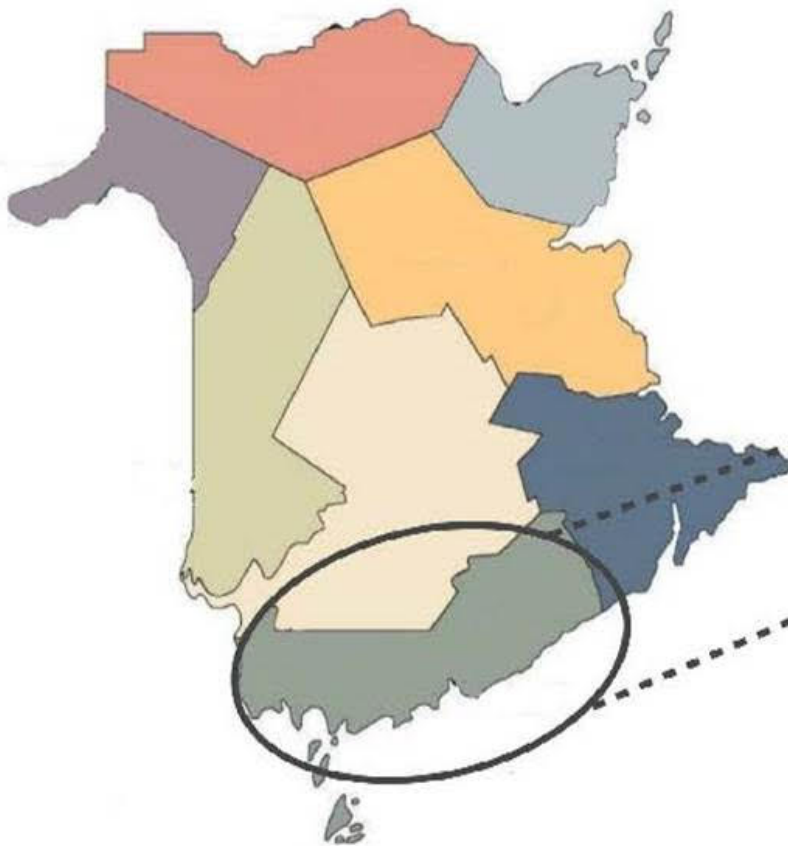
IN PERSON: Register or drop in for 1 hour of free exercise!

ONLINE: Registration required

REGISTRATION/INFORMATION

Contact us at cellab@unb.ca

506-458-7034



Saint John: August 2, 9:30am

Shamrock Park, 200 Visart Street

Sussex: August 3, 9:00am

Hans Lammens Tennis Centre, 75 Perry Street

St. George: August 6, 9:00am

Tennis Courts, 67 Mount Pleasant Road

**IF CANCELLED DUE TO WEATHER-
REGISTER FOR ONLINE CLASSES
THROUGHOUT THE 2 WEEKS**



**Cardiometabolic Exercise
and Lifestyle Lab**

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