

## ZOOM EXERCISES 2025

Join us on Zoom for daily exercise classes, all from the comfort of your home! Our 30-40 minute sessions feature a mix of seated and standing strengthening and mobility exercises, designed to improve flexibility, balance and overall strength. Whether you're looking to stay active, enhance your fitness routine, or simply fit in a quick workout, these virtual classes offer convenience and variety. Perfect for all fitness levels, our Zoom sessions provide the flexibility to exercise whenever it fits your schedule. There is no need to leave home to feel great!

**Tuesday & Wednesday @ 11:00am**  
**Thursday @ 2pm**

**PLEASE NOTE: This is a general exercise program run online with all participants responsible for their own safety**

**For more information please call Arthritis ACT**