



# MOVERS & GROOVERS

An in-person and online follow-along exercise program for adults. Includes strength exercises, balance exercises, and stretches.



**Mondays, Wednesdays, and Fridays**



**10:00-11:00 AM**



**Free to attend**

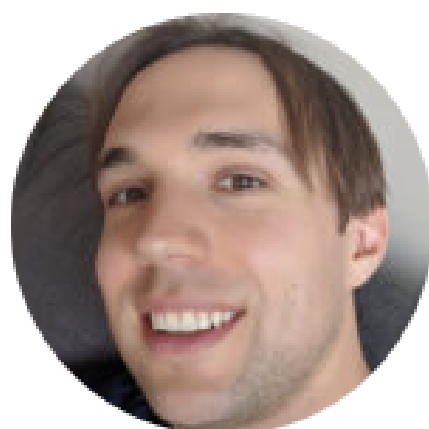


**Library Learning Centre, Innisfail, AB**

**Online: <https://us02web.zoom.us/j/8711592750>**

Maintain or improve your health, fitness, day-to-day functioning, and quality of life by attending this class regularly. Brad, a PCN Exercise Specialist, leads you through safe and appropriate exercises for a wide range of fitness levels each day.

Movers & Groovers is a year-round drop-in class. You can attend as many times as you like. In fact, we encourage you to attend often! For more information, visit the website link below or contact Brad.

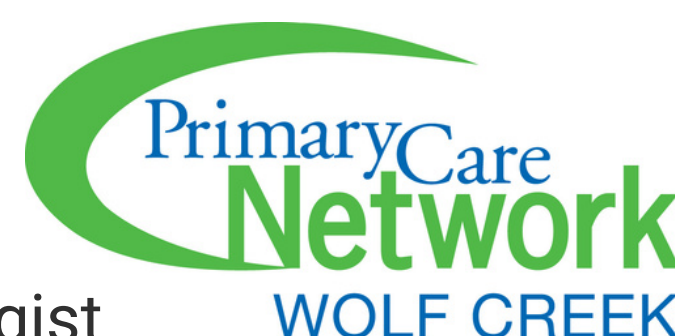


**Brad**

**Exercise Specialist**

Wolf Creek Primary Care Network

BKin, ACSM Certified Exercise Physiologist



[brad.pawluik@wcpn.ca](mailto:brad.pawluik@wcpn.ca)

<https://wolfcreekpcn.com/programs-and-classes/movers-and-groovers/>