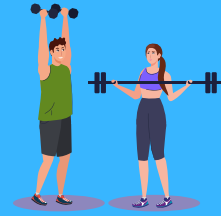


Acadia Center Of Lifestyle Studies presents:



Acadia Active For Life
Winter 2026



Registration: December 10th

limited space available

Offering exercise sessions designed for older adult community members in Kings County. This program focuses on improving health through aerobic, strength, balance and stretching activities. Supervised by a Clinical Exercise Physiologist.

When: Mon, Wed, & Fri 8:30– 9:30am OR 10:30– 11:30am
January 19th– April 6th

Where: Acadia Athletics Complex, 550 Main Street, Wolfville

Cost: \$160 pp each session OR
\$50 pp each session with an active facility pass



REGISTRATION AND INFORMATION:

ACADIA ATHLETICS COMPLEX

Ph: 902-542-5500

Box Office: 550 Main Street, Wolfville



ACADIA UNIVERSITY

CENTRE OF LIFESTYLE STUDIES

