



Vitality Exercise Group

Come Learn Different Exercise Techniques

Free drop-in class for DPNCHC Health Centre patients. **Chance to win a prize in each class!**
 If you're not a patient, call us at **416-658-6812** to book an intake appointment.

11 Jan (Monday) 6.30-7.30pm	Oliver Room	Intermediate Class
14 Jan (Thursday) 2-3pm	Oliver Room	Beginner Class
18 Jan (Monday) 6.30-7.30pm	Oliver Room	Beginner Class
21 Jan (Thursday) 3:30-4:30pm	Oliver Room	Intermediate Class
27 Jan (Wednesday) 2.00-3.00pm	Oliver Room	Beginner Class
08 Feb (Monday) 7.00-8.00pm	Oliver Room	Intermediate Class
17 Feb (Wednesday) 1.00-2.00pm	Garden Room	Intermediate Class
22 Feb (Monday) 6.30-7.30pm	Oliver Room	Beginner Class
25 Feb (Thursday) 3:30-4:30pm	Oliver Room	Beginner/Intermediate Class
03 Mar (Thursday) 2:00-3:00pm	Oliver Room	Beginner Class
07 Mar (Monday) 6:30-7:30pm	Oliver Room	Intermediate Class
17 Mar (Thursday) 3:30-4:30pm	Oliver Room	Beginner Class
21 Mar (Monday) 6:30-7:30pm	Oliver Room	Intermediate Class
29 Mar (Tuesday) 6:30-7:30pm	Oliver Room	Beginner Class