



SENIORS' FITNESS FEBRUARY 2020 (For Adult 55+)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|--|--|
| 3 | 4 | 5 | 6 |
| <p>11 - 12pm <u>Dance Fit 55+</u> Perth Hall</p> <p>12:30 – 2:30pm <u>Ping Pong55+ & Bocce</u> - Sanctuary</p> | <p>2:30 – 3pm <u>Zumba Gold & Sit Fit55+</u> Sanctuary</p> | <p>2:30 - 3:30pm <u>Chair Zumba & Sit Fit55+</u> Sanctuary</p> | <p>9 – 10am <u>Walk Fit55+</u> Sanctuary</p> <p>11 -12pm <u>Zumba Toning</u> - Sanctuary</p> <p>12:30 - 2:30pm <u>Ping Pong & Bocce</u> Sanctuary</p> <p>3 – 4pm <u>Chair Yoga</u> Sanctuary</p> |
| 10 | 11 | 12 | 13 |
| <p>11 - 12pm <u>Dance Fit 55+</u> Perth Hall</p> <p>12:30 – 2:30pm <u>Ping Pong55+ & Bocce</u> - Sanctuary</p> | <p>2:30 – 3pm <u>Zumba Gold & Sit Fit55+</u> Sanctuary</p> | <p>Valentine's Day Party 1 – 4pm (No Fitness Program)</p> | <p>No Walk Fit55+ No Zumba Toning</p> <p>12:30 - 2:30pm <u>Ping Pong & Bocce</u> Sanctuary</p> <p>3 – 4pm <u>Chair Yoga</u> Sanctuary</p> |
| 17 | 18 | 19 | 20 |
| <p>11 - 12pm <u>Dance Fit 55+</u> Perth Hall</p> <p>12:30 – 2:30pm <u>Ping Pong55+ & Bocce</u> - Sanctuary</p> | <p>2:30 – 3pm <u>Zumba Gold & Sit Fit55+</u> Sanctuary</p> | <p>2:30 - 3:30pm <u>Chair Zumba & Sit Fit55+</u> Sanctuary</p> | <p>9 – 10am <u>Walk Fit55+</u> Sanctuary</p> <p>11 -12pm <u>Zumba Toning</u> - Sanctuary</p> <p>12:30 - 2:30pm <u>Ping Pong & Bocce</u> Sanctuary</p> <p>3 – 4pm <u>Chair Yoga</u> Sanctuary</p> |
| 24 | 25 | 26 | 27 |
| <p>11 - 12pm <u>Dance Fit 55+</u> Perth Hall</p> <p>12:30 – 2:30pm <u>Ping Pong55+ & Bocce</u> - Sanctuary</p> | <p>2:30 – 3pm <u>Zumba Gold & Sit Fit55+</u> Sanctuary</p> | <p>2:30 - 3:30pm <u>Chair Zumba & Sit Fit55+</u> Sanctuary</p> | <p>NO PROGRAM</p> |

*for more Fitness info, contact Monica Beltrame 416-656-8025 ext. 264

Reasonable accommodation or any other special needs will be provided upon request. If you require accommodation, please advise program contact name by phone or email or in person



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