

## **SENIORS' FITNESS CALENDAR – ZOOM CLASSES - APRIL 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am Seated Cardio Fazia	10am- Arthritis Care (gentle) Fazia		10am Arthritis Care (gentle) Fazia	10am Seated Cardio Fazia
11:30am Stand & Sit Cardio Fazia	11:30am Cardio & Core Strength Fazia		11:30am Cardio & Core Strength Fazia	10:30am Dance & Stretching Dolores
2:30pm Zumba Gold & Get Fit Monica	2:30pm Chair Yoga & Balance Monica	2:30pm Chair Zumba & Sit Fit Monica	2:30pm Zumba Gold Toning Monica	11:30am Stand & Sit Cardio Fazia
3:30pm Sit & Stand Yoga Fazia	7pm Dance & Stretching Dolores			2pm Standing Cardio Fazia
				3:30pm Sit & Stand Yoga Fazia

**For information about Zoom classes please contact Monica Beltrame – Phone: 416-656-8025 ext 264 or Email: [mbeltrame@dpnchc.ca](mailto:mbeltrame@dpnchc.ca)**