

SENIORS' FITNESS CALENDAR – ZOOM CLASSES - MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am Seated Cardio Fazia	10am- Arthritis Care (gentle) Fazia	10am Arthritis Care (gentle) Fazia	10am Seated Cardio Fazia	10:30am Latin Dance Dolores
11:30am Stand & Sit Cardio Fazia	11:30am Cardio & Core Strength Fazia	11:30am Cardio & Core Strenght Fazia	11:30am Stand & Sit Cardio Fazia	
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	
3:30pm Sit & Stand Yoga Fazia	7pm Latin Dance Dolores		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