

SENIORS' FITNESS CALENDAR – ZOOM CLASSES - AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 – 10:30am WalkFit Monica & Maria DiMarco</p>			<p>2:30pm Zumba Gold Toning Monica</p>	
<p>2pm Standing Cardio Fazia</p>		<p>2pm Standing Cardio Fazia</p>		
<p>2:30pm Zumba Gold & Get Fit Monica</p>	<p>2:30pm Chair Yoga & Balance Monica</p>	<p>2:30pm Chair Zumba & Sit Fit Monica</p>		
<p>3:30pm Sit & Stand Yoga Fazia</p>		<p>3:30pm Sit & Stand Yoga Fazia</p>		

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