

SENIORS' FITNESS CALENDAR – ZOOM CLASSES - JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 – 10:30am Walk Fit Monica & Maria DiMarco</p>	<p>10am- Arthritis Care (gentle) Fazia</p>		<p>10am Seated Cardio Fazia</p>	<p>10:30am Mind and Body Fitness Dolores</p>
	<p>11:30am Cardio & Core Strength Fazia</p>		<p>11:30am Stand & Sit Cardio Fazia</p>	
<p>2pm Standing Cardio Fazia</p>		<p>2pm Standing Cardio Fazia</p>	<p>2:30pm Zumba Gold Toning Monica</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>		
	<p>7pm Latin Dance Dolores</p>			

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

*** **WALKFIT BY REGISTRATION ONLY**