

**SENIORS' FITNESS CALENDAR – ZOOM CLASSES - OCTOBER 2021**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY |
|---|--|--|---|--------|
| <p data-bbox="86 464 430 597"><b>2:30pm</b><br/><b>Zumba Gold &amp; Get Fit</b><br/><b>Monica</b><br/><b>ZOOM</b></p> | <p data-bbox="459 464 884 597"><b>2:30pm</b><br/><b>Chair Yoga &amp; Balance</b><br/><b>Monica</b><br/><b>ZOOM</b></p> | <p data-bbox="913 464 1241 597"><b>2:30pm</b><br/><b>Chair Zumba &amp; Sit Fit</b><br/><b>Monica</b><br/><b>ZOOM</b></p> | <p data-bbox="1270 464 1635 597"><b>2:30pm</b><br/><b>Zumba Gold Toning</b><br/><b>Monica</b><br/><b>ZOOM</b></p> |        |

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

**NO CLASSES OCTOBER 4, 5,6 & 7**