

SENIORS FITNESS CLASSES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30 – 11am WALKFIT JJ Piccininni			
11am – 12pm CHAIR YOGA Sanctuary		11am – 12pm CHAIR ZUMBA Sanctuary	
	2:30 – 3:30pm ZUMBA GETFIT ZOOM		2:30 – 3:30pm CHAIR ZUMBA ZOOM

➤ **Advanced registration is required for Monday & Wednesday classes.**
For registration please contact Monica Beltrame – 416-656-1264 x264

- **NO DROP IN CLASSES**

