

SENIORS' FITNESS CALENDAR – ZOOM CLASSES - FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="86 310 436 480">11am Chair Yoga Monica</p>	<p data-bbox="457 524 886 695">2:30pm Zumba GetFit Monica</p>	<p data-bbox="913 310 1243 480">11am Chair Zumba Monica</p>	<p data-bbox="1270 524 1638 695">2:30pm WalkFit @ Home Monica</p>	

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