

SENIORS' FITNESS CALENDAR – MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11am CHAIR YOGA SANCTUARY</p>	<p>2:30pm ZUMBA GETFIT & CHAIR ZUMBA ZOOM</p>	<p>11am CHAIR ZUMBA SANCTUARY</p>	<p>2:30pm CHAIR YOGA ZOOM</p>	

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