

## SENIORS' FITNESS CALENDAR – MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 – 10:30 WALKFIT <b>J.J. PICINNINI</b>				
11 am CHAIR YOGA <b>SANCTUARY</b>		11 am CHAIR ZUMBA <b>SANCTUARY</b>	11 am ZUMBA GET FIT <b>SANCTUARY</b>	
	2 – 4 pm PING PONG & BOCCE <b>SANCTUARY</b>			12:30 – 1:30pm LINE DANCING <b>SANCTUARY</b>

Please contact Monica Beltrame to register for the classes.  
 Phone: 416-656-8025 ext. 264 or  
 Email: [mbeltrame@dpnchc.ca](mailto:mbeltrame@dpnchc.ca)

**NO CLASSES FROM MAY 30 TO JUNE 3**