

SENIORS' FITNESS CLASSES – * JUNE *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>NO CLASS</u> ADMINISTRATION WEEK	2 <u>NO CLASS</u> ADMINISTRATION WEEK	3 12:30 – 1:30pm Line Dancing Sanctuary
6 9:30 – 10:30am – WalkFit <i>J.J.Piccinnini</i> 11 – 12pm - Chair Yoga <i>Sanctuary</i> 1 – 3pm - PING PONG <i>Sanctuary</i>	7 SENIORS' PICNIC <u>NO CLASS</u>	8 11 – 12pm Chair Zumba <i>Sanctuary</i>	9 11- 12pm Zumba GetFit <i>Sanctuary</i>	10 12:30 – 1:30pm Line Dancing <i>Sanctuary</i>
13 9:30 – 10:30am – WalkFit <i>J.J.Piccinnini</i> 11 – 12pm - Chair Yoga <i>Sanctuary</i> 1 – 3pm - PING PONG <i>Sanctuary</i>	14 <u>NO CLASS</u>	15 11 – 12pm Chair Zumba <i>Sanctuary</i>	16 11- 12pm Zumba GetFit <i>Sanctuary</i>	17 12:30 – 1:30pm Line Dancing <i>Sanctuary</i>
20 9:30 – 10:30am – WalkFit <i>J.J.Piccinnini</i> 11 – 12pm - Chair Yoga <i>Sanctuary</i> 1 – 3pm - PING PONG <i>Sanctuary</i>	21 CHOIR 3 – 4:30pm <i>Backyard</i>	22 11 – 12pm Chair Zumba <i>Sanctuary</i>	23 11- 12pm Zumba GetFit <i>Sanctuary</i>	24 12:30 – 1:30pm Line Dancing <i>Sanctuary</i>
27 9:30 – 10:30am – WalkFit <i>J.J.Piccinnini</i> 11 – 12pm - Chair Yoga <i>Sanctuary</i> 1 – 3pm - PING PONG <i>Sanctuary</i>	28 CHOIR 3 – 4:30pm <i>Backyard</i>	29 11 – 12pm Chair Zumba <i>Sanctuary</i>	30 <u>NO CLASS</u>	

For classes registration please contact Monica Beltrame – 416-656-8025 ext 264

