

FREE

FOR EVERYONE

ON ZOOM



FITNESS CLASSES / ONLINE

Monday-Friday

*Check out the
monthly Calendar*



- *Easy Chair Exercise Class*
- *Standing Vigorous Class*
- *Meditation*
- *Tai Chi*
- *Chair Yoga*
- *Dance Class*
- *Easy Movement to Music*
- *Chair Exercise Class*



- ✓ *Helps to control weight*
- ✓ *Helps to combat health conditions and diseases*
- ✓ *Improves mood*
- ✓ *Boosts energy*
- ✓ *Promotes better sleep*
- ✓ *And it is FUN!*

ZOOM MEETING ID 592-797-6654, TELEPHONE # 647-558-0588

*If you are new and want to join, please contact Celina Sheppard
416-757-8757 ext. 250 or c.sheppard@scoc.ca and an email will
be sent to you with a link and instructions.*