



HEALTHIER LIVING CENTRE: EXERCISE CLASSES SCHEDULE (August 1 - August 31, 2018)

DAY	TIME	FITNESS CLASS	INSTRUCTOR	VENUE
Monday	8:45 AM - 9:45 AM	Line Dance	Joe	Northwood CC
	8:45 AM - 9:45 AM	Walking Club	Nadine	Northwood Neighborhood -If weather permits
Tuesday	8:45 AM - 9:45 AM	Zumba	Zalina	Northwood CC
	10:00 AM -11:00 AM	Bocce	Sharon	Northwood CC
Wednesday	8:45 AM - 9:45 AM	Pilates & Yoga (new class)	Mihaela	Northwood CC
Thursday	8:45 AM - 9:45 AM	Chair & Gentle Fitness	Nadine	Northwood CC
	9:30 AM - 10:30 AM	Walking Club	Andres	The Hangar -Downsview Park 75 Carl Hall Rd
Friday	8:45 AM - 9:45 AM	Stretch & Chair Fitness	Nadine	Northwood CC