

HEALTHIER LIVING CENTRE: EXERCISE CLASSES SCHEDULE (Sept 17 - Dec 31, 2018)

DAY	TIME	EXERCISE CLASS	AGE	INSTRUCTOR	ROOM
MONDAY	9:00 AM - 10:00 AM	CARDIOFIT	64 +	Nadine	Gym
	10:00 AM -11:00 AM	LINE DANCE - INTERMEDIATE	55 +	Joe	Gym
	11:00 AM -12:00 NOON	LINE DANCE - BEGINNERS	55 +	Joe	Gym
	11:30 AM - 12:30 PM	CHAIR FITNESS FUSION	64 +	Zoila	Room # 10
TUESDAY	9:00 AM - 10:00 AM	YOGA	55 +	Judy	Gym
	10:00 AM -11:00 AM	ZUMBA	55 +	Zalina	Gym
	11:00 AM -12:00 NOON	CHAIR FITNESS FUSION	64 +	Nadine	Room # 10
WEDNESDAY	9:00 AM - 10:00 AM	CARDIOFIT	64 +	Nadine	Gym
	10:00 AM -11:00 AM	STRETCH & STRENGTHEN	55 +	Nadine	Gym
	11:00 AM -12:00 NOON	ZUMBA GOLD	64 +	Ting	Gym
	11:00 AM -12:00 NOON	TAI CHI CHIH	55 +	Margot	Room # 10
THURSDAY	9:00 AM - 10:00 AM	CHAIR FITNESS FUSION	64 +	Nadine	Room # 10
	9:30 -10:30 AM	WALKING CLUB	55 +	Andres	The Hangar-Dowmsview Park, 75 Carl Hall Rd
FRIDAY	9:00 AM - 10:00 AM	ZUMBA GOLD	64 +	Ting	Gym
	10:00 AM -11:00 AM	FUN AND FITNESS	55 +	Mihaela	Gym
	11:00 AM -12:00 NOON	CHAIR FITNESS FUSION	64 +	Mihaela	Room # 10