

**HEALTHIER LIVING CENTRE: EXERCISE CLASSES SCHEDULE ( Jan 3 to June 30 2020)**

DAY	TIME	EXERCISE CLASS	AGE	INSTRUCTOR	ROOM
MONDAY	9:00 AM - 10:00 AM	CARDIOFIT	64 +	Cindy	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
	11:00 AM - 12:00 NOON	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 +	Cindy	Room #10
WEDNESDAY	9:00 AM - 10:00 AM	CARDIOFIT	64 +	Cindy	Gym
	10:00 AM -11:00 AM	STRETCH & STRENGTHEN	55 +	Jessica	Gym
	11:00 AM -12:00 NOON	TAI CHI CHIH	55 +	Sister Margot	Room #10
	11:00 AM -12:00 NOON	ZUMBA GOLD	64 +	Claudia	Gym
THURSDAY	9:00 AM - 10:00 AM	CHAIR FITNESS FUSION	64 +	Cindy	Room #10
	9:00 AM - 10:00 AM	WALKING CLUB	55 +	Andres	The Hangar-Downsview Park, 75 Carl Hall Rd
FRIDAY	9:00 AM - 10:00 AM	ZUMBA GOLD	64 +	Claudia	Gym
	10:00 AM -11:00 AM	GENTLE FITNESS	55 +	Luisa	Gym
	11:00 AM -12:00 NOON	FALLS PREVENTION	64 +	Luisa	Room #10