

<b>Telephone and Virtual Group Programs for Seniors</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<div style="border: 2px solid green; padding: 5px; width: fit-content; margin: auto;"> <b>Advanced Exercise with Hong</b>            10:00 am         </div>	<div style="border: 2px solid purple; padding: 5px; width: fit-content; margin: auto;"> <b>Mandarin Exercise with Hong</b>            10:00 am         </div>	<div style="border: 2px solid green; padding: 5px; width: fit-content; margin: auto;"> <b>Advanced Exercise with Hong</b>            10:00 am         </div>	<div style="border: 2px solid orange; padding: 5px; width: fit-content; margin: auto; margin-bottom: 10px;"> <b>Gentle Exercise with Cynthia</b>            10:00 am         </div> <div style="border: 2px solid red; padding: 5px; width: fit-content; margin: auto;"> <b>Dance with Fran</b>            11:00 am         </div>	

**All group programs are on Zoom. You can dial in to classes on the telephone for audio only.**

**For information on how to join our virtual and telephone programs, please call us at 416-243-0127.**

<b>Program Descriptions</b>	
<b>Advanced Exercise with Hong</b>	This faster paced seniors' fitness class on Zoom combines standing light cardio, strength and balance exercises to improve overall mobility, endurance and balance. Resistance bands, balls and weights are sometimes used. Led by a Certified Seniors Fitness Instructor.
<b>Dance with Fran</b>	Get energized and invigorated with some dance exercise. Our amazing volunteer Fran, a yoga instructor and professional dancer and choreographer, will get your body moving and grooving during this easy dance exercise.
<b>Gentle Exercise with Cynthia</b>	This seated seniors' fitness class includes strength and balance exercises you can safely do at home to improve mobility, endurance, and balance. Resistance bands, balls and weights are sometimes used. Led by a Certified Seniors Fitness Instructor on Zoom who describes the movements for people joining over the telephone.
<b>Mandarin Exercise with Hong</b>	Hong's same Advanced Exercise class with instruction in Mandarin on Zoom.