

Telephone and Virtual Group Programs for Seniors				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Advanced Exercise with Hong 10:00 am	Mandarin Exercise with Hong 10:00 am	Advanced Exercise with Hong 10:00 am	Gentle Exercise with Cynthia 10:00 am	
Program Descriptions				
Advanced Exercise with Hong	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.			
Mandarin Exercise with Hong	Hong's same Advanced Exercise class with instruction in Mandarin on Zoom.			
Gentle Exercise with Cynthia	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.			

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