

**Fitness, Zumba & Yoga!
CLASSES FOR EVERYONE**



...with Karen Charters...

Monday	Tuesday	Wednesday	Thursday	
<p>10am 50+ FIT ZOOM Full Body workout</p>	<p>10am Zumba GOLD® @ HAFA* or ZOOM</p>		<p>10am Zumba GOLD® @ HAFA* or ZOOM</p>	
		<p>6:30pm Strength - 40min ZOOM bands/weights</p>	<p>11:00am Chair Yoga @ HAFA* or ZOOM Seated & Standing</p>	<p>Description/location legend * see below</p>

Zumba GOLD - Beginners, low impact, active older adult **50+ FIT** - 45 min FULL BODY (Cardio/Balance/Strength)
STRENGTH - 30mins + warmup/stretch

*HAFA = IN PERSON Hamilton Air Force Assn, 128 King St E, Dundas

** ZOOM = Live Stream VIRTUAL CLASS