



Gentle Fitness

(55 +)

🕒 WHEN

On Tuesdays
11 AM to 11:45 AM

Starting on July 8th

📍 WHERE

Virtually, on Zoom

💡 QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

+ MORE INFORMATION

REGISTER NOW:

Scan the QR code
below, or [CLICK HERE](#)



Join our weekly "Gentle Fitness" class for fall prevention and better mobility.

Improve your flexibility, strength and balance with this gentle exercise program.

NO MAT NEEDED!