



Low Impact Aerobic (55 +)

🕒 WHEN

On Wednesdays
Oct 15 to Dec 10
10:30 AM - 11:30 AM

📍 WHERE

Zoom

💬 QUESTIONS

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

REGISTER NOW:

Scan the QR code
below, or click here.



+ MORE INFORMATION

- This class will make your heart rate up by keeping you moving!
- This program is intended for those who can sit/stand without assistance.

Every session includes:

- warm up
- cardio exercise
- strenght training
- cool down