



Pole Walking

WHEN

On Mondays
Oct 6- Dec 8, 2025
9:15–10:15 am
or
10:30-11:30 am

WHERE

Parkway Forest
Community Centre
55 Forest Manor Rd
North York, ON M2J
1G3

QUESTIONS

Contact Ester Araskhanyan
EAraskhanyan@fhc-chc.com
647 466 7002
or
Svetlana Vigor
SVigor@fhc-chc.com
416 554 9608

REGISTER NOW:

Scan the QR code
below, or click here

Registration for FHC Programs:
October-December 2025, Q3 (Ester
Araskhanyan)



MORE INFORMATION

Weekly indoor pole walking session with a total body workout, stretching, cardio training, Balance, and muscle strengthening.

**Suitable for all ages and fitness levels.
Poles will be provided!**