

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



...with Karen Charters...

Monday	Tuesday	Wednesday	Thursday	Saturday
10am 50+ FIT ZOOM Full Body workout	10am Zumba GOLD® @ HAFA* or ZOOM		10am Zumba GOLD® @ HAFA* or ZOOM	10am Zumba® @ HAFA OR ZOOM*
6:30pm Zumba® with Amanda! @HAFA		6:30pm Strength - 40min ZOOM bands/weights	11:15am Chair Yoga @ HAFA* or ZOOM Seated & Standing	Description/location legend * see below

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

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

** ZOOM = Live Stream VIRTUAL CLASS