

CAREFIRST DANCERCISE PROGRAM

帶氧排舞運動



BY DANCEPOOH TEAM

Instructor	Session	Session
Elsa Lee Tel: 647-882-4606 Class Code: 61059	From July 22 ⇒ Wednesday ⇒ 1:30—2:25 FULL	From July 22 ⇒ Wednesday ⇒ 2:35—3:30 FULL
Hilda Ku Tel: 416-303-3066 Class Code: 61058	From July 20 ⇒ Monday ⇒ 11:00—11:55 FULL	From July 20 ⇒ Monday ⇒ 12:05—1:00 FULL
Winnie Ye Tel: 647-470-6188 Class Code: 61012	From July 21 ⇒ Tuesday ⇒ 11:30—12:30 FULL	From July 23 ⇒ Thursday ⇒ 11:30—12:30 FULL
Hilda Ku Tel: 416-303-3066 Class Code: 61022	From August 21 ⇒ Friday ⇒ 11:00—11:55 NEW	From August 21 ⇒ Friday ⇒ 12:05—1:00 NEW

To register for new Friday classes, click on the link below (請用以下鏈接登記參加最新的星期五帶氧排舞班): <https://forms.gle/AaJr3hzdZA4LjaJBA>

Everyone is welcome

For enquiries call
Carefirst Wellness Club
Tel: 416-847-8939

歡迎任何人士參加

查詢
耆康社
電話：416-847-8939



Winnie Yu (Pooh)

LD Choreographer & Instructor
Head Instructor of Dancepooh's Team
The Largest Line Dance Group in Canada
Charity Line Dance Queen (慈善舞后)