



Carefirst Seniors & Community Association  
Wellness Club

Virtual Program



# Zumba Fitness

Instructor: Sepideh Tehrani

*\*ENGLISH PROGRAM*

The Zumba program is a dance-fitness class which is so fun, easy and enjoyable. Some of the benefits of Zumba Fitness are, Great dynamic core workout, High caloric expenditure, Weight loss, Positive self-image, flexibility and strength. Zumba is the exercise which is suitable for all age group of people.

Date: Friday, Jan 7 – Mar 25, 2022 (No class: Feb 18)

Time: 9:45am – 10:45am

Fee: \$55 (11 sessions)

Code: WEL21191

Max: 20



**\*Register online now\***

Visit [Wellness Club Online Registration](#) and then click on the “PROGRAM” tab to register or view program details

**Enquiries:**

**Tel:** (416) 847-8939 (Wellness Club)

**Email:** [wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)

