



# zoom

## MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	2 <b>Yoga with Tina</b> 1:00 - 2:00 pm	3 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	4 <b>StrongerU Cardio</b> 10:00 -10:30am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	5 <b>Zumba with JoAnne</b> 1:00 - 1:30 pm
8 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	9 <b>LAF Craft Corner</b> 11:00-11:45 <b>Yoga with Tina</b> 1:00 - 2:00 pm	10 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	11 <b>StrongerU Cardio</b> 10:00 -10:30 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	12 <b>Zumba with JoAnne</b> 1:00 - 1:30 pm
15 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	16 <b>Yoga with Tina</b> 1:00 - 2:00 pm	17 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	18 <b>StrongerU Cardio</b> 10:00 -10:30 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	19 <b>Zumba with JoAnne</b> 1:00 - 1:30 pm
22 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	23 <b>LAF Craft Corner</b> 11:00-11:45 <b>Yoga with Tina</b> 1:00 - 2:00 pm	24 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	25 <b>StrongerU Strength</b> 10:00 -10:30 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	26 <b>Zumba with JoAnne</b> 1:00 - 1:30 pm
29 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm	30 <b>Intro to Book Club</b> 11:00 - 12:00 pm <b>Yoga with Tina</b> 1:00 - 2:00 pm	31 <b>LAF Fitness with Darrin</b> 1:00 - 2:00 pm		



**ZOOM classes are FREE for members only. Please call 519-254-1108 to register. January/February registration carries over for all fitness/yoga classes.**

zoom



To get connected:

- Pre-register by calling: 519-254-1108
- Download ZOOM
- On the day and time of program click on the link provided by LAF



# ZOOM List of Programs



## **LAF Fitness with Darrin**

This program includes a variety of exercises designed to target key muscles while improving your flexibility, endurance and balance. This class can be done seated or standing. Please have available a secure and comfortable chair, without wheels.

## **Floor Yoga with Tina**

This is a great class for those comfortable with getting up and down off the floor. If you have decreased flexibility or just enjoy stretching, this is a perfect class for you. No previous experience necessary. Yoga mat is recommended.

## **Chair Yoga with Zachara**

Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. Please have a secure and comfortable chair, without wheels.

## **StrongerU Cardio/Strength**

Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. We continue our collaboration with the StrongerU Senior Fitness Student Sponsorship Program. Our Instructors, Teodora and Amanda are completing the StrongerU Senior Fitness Instructor course, in exchange they will offer a weekly StrongerU class at Life After Fifty on Thursdays at 10:00 a.m. Please have available a secure and comfortable chair, without wheels. On February 25th, we will switch from StrongerU Cardio to StrongerU Strength.

## **ZUMBA with JoAnne\***

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health.

## **Book Club**

LAF Readers: Join us as we introduce our new Book Club! The first meeting will discuss the book that will be provided free to all participants. Pre-registration required, limited participants.

*\*It is strongly recommended that you check with your primary care provider before beginning any fitness program.*

*\*\*If you registered in January/February, you do not need to register again.*



## **Workshops**



## **LAF Craft Corner**

Join us as we get creative with items from around our house and have a socially good time doing so!

**ZOOM classes require pre-registration. Please call 519-254-1108 to register.  
Please visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information.**

