



Carefirst Seniors & Community Services Association
耆暉會

Dancercise & EZ Workshop
DancePooh Team – Elsa Lee



Jan 8, 2015

免費
開放日

運動
排舞
樂
Fun
Fun

Min 10
Max 28

<p>Dancercise (Beginner) (TH-IDC)</p>	<p>EZ Workshop (Level 1+) (TH-IEZ)</p>
<p>Every Thursday (逢星期四) Time: 11:15 am—12:05 pm (50 mins) Fee: \$2 / session</p>	<p>Every Thursday (逢星期四) Time: 12:10 pm—1:00 pm (50 mins) Fee: \$2 / session</p>
<p>Dancercise + EZ Workshop (TH-IDEZ) Time : 11:15 am — 1:00 pm (1 hr 45 mins) Fee: \$3 / session</p>	

Enquiries & Enrolment:
Carefirst North Toronto Community Services Centre
3601 Victoria Park Ave, Suite 501, Scarborough, ON M1W 3Y3
Tel: 416-502-2323 Ext 6237
Email: wellness@carefirstseniors.com
www.carefirstseniors.com
DancePooh Team (Elsa Lee)
Tel: 647-882-4606

