



Carefirst Seniors & Community Services Association 耆暉會

Dancercise Open House



Date: Every Tuesdays March 20, 27, 2018
Time: 10:00am—11:30am (90 minutes/session)
Location: Aaniin Community Centre (Older Adult Room)
5665 14th Ave (14th and Middlefield)

Dancercise is a whole-body workout that's actually fun. It is good for your heart, it makes you stronger and it will help with balance and coordination. Your Instructor will lead you through a series of choreographed steps. Good for beginners with some understanding of line dancing.

**** Please wear appropriate outfits and footwear. ****

Enquiries & Enrolment:

Carefirst Wellness Club Program

300 Silver Star Blvd., Scarborough, ON, M1V 0G2

Wellness Centre Hotline: 416-847-8939

Email: wellness@carefirstseniors.com

Website: www.carefirstseniors.com

Instructor

Dodo Wong

The Pooh's Team

帶氧排舞運動班
(免費開放日)

日期: 2018年3月20、27日(兩個星期二)
時間: 上午10時—11時30分(每節90分鐘)
地點: Aaniin Community Centre (Older Adult Room)
5665 14th Ave (14th and Middlefield)

在《帶氧排舞運動》班，導師以簡易步法隨音樂拍子編撰舞步，讓參加者在跳舞時伸展身體，放鬆緊張肌肉，促進血液循環以保持手腳靈活，增加全身柔軟度；亦有助消耗熱量，保持理想體重。以優美輕鬆的音樂加上自然簡易的舞步，可以讓自己釋放壓力，感覺放鬆，帶來好心情。

**** 請穿輕便平底鞋，勿穿高跟鞋(跳舞鞋更佳)，自備飲品、毛巾等。 ****

