



Carefirst Seniors & Community Services Association 耆暉會

Dancercise Open House



Date: Thursday April 12, 19, 2018
Time: 7:30pm—9:00pm
Location: Carefirst One-Stop Multi-Services Centre
300 Silver Star Blvd. (Silver Star and McNicoll)

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
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4月12、19日 (兩個星期四)
時間: 晚上7時30分—9時
地點: Carefirst One-Stop Multi-Services Centre
300 Silver Star Blvd. (Silver Star and McNicoll)

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。 ****



United Way
Greater Toronto

