Leaf’s Watch Party

MON
MAY 24
7:00 PM

The Hockey Playoffs are in full effect! Toronto Maple Leafs vs Montreal Canadiens

Pandemic Eating & Exercise

TUE
MAY 25
5:30 PM

Learn how to lead an active and energized lifestyle!

eGames: Pac-Man

TUE
MAY 25
7:00 PM

Join us for a classic game of Pac-Man. Eat all the dots before the four ghosts catch you!

Drop in for a quick stretch break to ease your muscles and energize the mind!

Stretch Break

WED
MAY 26
12:30 PM

Drop in with the MoveU Team as they lead a group fitness workout. All fitness levels welcome!

Group Workout

WED
MAY 26
5:00 PM

Exercise in a safe, comfortable environment. For self-identified women of all fitness levels!

Fitness Talk

FOR SELF-IDENTIFIED WOMEN

WED
MAY 26
6:00 PM

Think of as many words as possible that fit a particular category

Scattergories

THU
MAY 27
7:00 PM
REGISTRATION

REGISTER NOW

REGISTERED VIRTUAL CLASSES
HAVE BEGUN!
KICKBOXING • DANCEFIT • SALSA • BALLET
BASKETBALL • SOCCER • VOLLEYBALL

FITNESS LIFESTYLE CONSULTATIONS
SUGGESTIONS WILL BE ON AN INDIVIDUAL BASIS

EMAIL RAMONA:
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ZUMBA
YOGA
LATIN DANCE
HATHA FLOW
TOTAL CORE
& MORE

LIVE FITNESS CLASSES

tpasc.ca/live-classes

COMING UP! MAY 31
CHESS TOURNAMENT
REGISTER BY MAY 30
TINYURL.COM/UTSCCHESS

REGISTER NOW
at recreation.utoronto.ca

ALL ZOOM LINKS CAN BE FOUND ON OUR WEBSITE

utsc.utoronto.ca/athletics/