

AMICA'S 31 DAYS OF FITNESS – MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 Chair Yoga Amica Stoney Creek	4 Can Fit (Soup can required) Amica Riverside	5 Chair Yoga Amica Aspen Woods	6 Seated Body Fit Amica Edgemont Village	7 Seated/ Standing Dancerize Amica Balmoral Club	8 Low Impact Seated Fitness Amica Peel Village
9 Sit & Be Fit: Water Bottle Exercises Amica On the Avenue	10 Cardio Combo Amica Bronte Harbour	11 Cardio Drumming Amica Somerset House	12 Fun & Fitness Amica Georgetown	13 Fun & Fitness Amica Westboro Park	14 Seated Strength & Cardio Amica Unionville	15 Movement to Music Amica On The Gorge
16 Chair Fitness Amica Arbutus Manor	17 Sit & Be Fit Amica Erin Mills	18 Chair Fitness Amica Bayview Village	19 Seated Functional Fitness Amica Bayview Gardens	20 Seated Rhythm & Moves Amica Swan Lake	21 Fitness to the Beat Amica White Rock	22 Strengthen & Stretch (Cans or water bottles required) Amica West Vancouver
23 Balance Fit Amica Little Lake	24 Fun & Fitness Amica Pickering	25 Seated Cardio Amica Dundas	26 Sit & Be Fit Amica Thornhill	27 Sit & Be Fit Amica City Centre	28 Sit & Be Fit for the Heart Amica Beechwood Village	29 Sit & Dance Fitness Amica Lions Gate
30 Zumba Amica Peel Village	31 Tea Towel Stretch & Flex Amica London	June 1 Seated Fun & Fitness (Cans or water bottles required) Amica Whitby	June 2 Sit & Be Fit: Water Bottle Exercises Amica On the Avenue			