

**community
junction**

COMMUNITY JUNCTION PRESENTS...

VIRTUAL SUMMER SESSION 2022

JULY 4TH 2022 - AUGUST 18TH 2022



MyCommunityHub

MY TIME. MY ACTIVITIES. MY CHOICE.

You can now use MyCommunityHub to SEARCH, REGISTER and PAY for your favorite Community Junction classes, ONLINE!
If you don't have access to a computer, or do not have a credit or debit card, you can still register and pay in person.

To get started please visit:

www.mycommunityhub.ca and enter your class code, class title or Community Junction in the search bar

Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or Facebook page to watch our step-by-step instructional video

Website:

<http://cltoronto.ca/hubs/community-junction/>



2934 Dundas Street West
Toronto, ON, M6P 1Y8
communityjunction@cltoronto.ca
647-729-3508

Community Junction's Virtual Programming

Monday

YOGA

10:30 am - 11:30 am

Join Paul Murali in guided morning relaxation and meditation exercises alongside gentle warmup movements. Practicing Yoga regularly will promote good health in the body and a well-balanced mind.

17663

\$49

Tuesday

ZUMBA

10:30 am - 11:30 am

Join Tammy Gunn in our Virtual Zumba class! Work up a sweat from the comfort of your home as Tammy dives into the wonders of up-beat Latin Music and teaches students step-by-step!

17664

\$56

Thursday

STRETCH & TONE

10:30 am - 11:30 am

Join Tammy Gunn in stretching out your body and feeling good all over. In this class, we will do standing stretches along with chair and mat work. This class moves at a slower pace and will involve working and strengthening your core.

17661

\$56

MUSIC JAM

1:30 pm - 2:30 pm

Join Andre Tellier in our Virtual Music Jam! Together we will explore popular songs, old favorites, and standards! Rocking out to our all-time favorites in a group setting!

17660

\$28

BINGO HALL

11:30 am- 12:30pm

Join Junction Staff in our Thursday morning Bingo Hall! Bring your snack of choice and your good luck charm! The hour will be filled with chats, bingo, and lots of laughter.

A prize will be given to first place each week!

****In an effort to play fair, if a winner has won a previous game (this session), the prize will be given to the runner up****

17658

\$7



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CONTACT:

JENNIFER NICOLUCCI

647-338-3010

JENNIFER.NICOLUCCI@CLTORONTO.CA

