



COMMUNITY JUNCTION PRESENTS...

# VIRTUAL FALL SESSION 2022

SEPTEMBER 6TH 2022 -  
DECEMBER 15TH 2022

PLEASE NOTE THERE WILL BE NO CLASSES ON  
MONDAY OCTOBER 10TH FOR THANKSGIVING





Hello  
Autumn





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](http://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/>

**CONTACT: JENNIFER NICOLUCCI  
JENNIFER.NICOLUCCI@CLTORONTO.CA  
647-338-3010  
2934 DUNDAS STREET WEST  
TORONTO, ONTARIO  
M6P 1Y8**

# 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.

**20011**

**\$105**

### 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!

**20012**

**\$105**

## 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!

**20010**

**\$120**

## 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.

**20013**

**\$120**

### 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\**

**20014**

**\$15**





COMMUNITY JUNCTION PRESENTS...

# VIRTUAL FALL SESSION 2022

SEPTEMBER 6TH 2022 -  
DECEMBER 15TH 2022

CONTACT: JENNIFER NICOLUCCI  
JENNIFER.NICOLUCCI@CLTORONTO.CA  
647-338-3010  
2934 DUNDAS STREET WEST  
TORONTO, ONTARIO  
M6P1Y8

