



VIRTUAL SPRING SESSION 2024

APRIL 2 - JUNE 18 , 2024

Register at MyCommunityHub.ca

*Please note there will be
noclasses on Monday, May 20, 2024



HELLO
Spring





**You can now use MyCommunityHub to
SEARCH, REGISTER and PAY for your favourite
Community Junction classes, ONLINE!
If you don't have access to a computer, you can still
contact us and register over the phone.**

**To get started please visit:
www.mycommunityhub.ca and enter your service
number, class title or Community Junction in the
search bar. Still have questions? Feel free to contact
us for help navigating MyCommunityHub. See
contact information below.**

MyCommunityHub – MyCommunityHub

**2934 Dundas street west
Toronto, Ontario
M6P1Y8
communityjunction@cltoronto.ca**



Community Junction's Virtual Programming

Monday

28498 - 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. **\$88**

28496- MUSIC JAM

3:30 pm - 4:30 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! **\$99**

Tuesday

28499- 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! **\$96**

28497- STRETCH & TONE

12:30 pm - 1:30 pm

Join **Tammy Gunn** in stretching out your body. 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. **\$96**



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APRIL 2ND TO JUNE 20TH , 2024

Register at
[MyCommunityHub - MyCommunityHub](https://mycommunityhub.com)

***Please note there will be no
classes on Monday May 20th,
2024**



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