Pole Walking

WHEN

On Mondays
February 2-March 9, 2026
9:15–10:15 am
or
10:30-11:30 am

WHERE

Parkway Forest
Community Centre
55 Forest Manor Rd
North York, ON M2J
1G3

QUESTIONS

Contact Ester Araskhanyan
EAraskhanyan@fhc-chc.com
647 466 7002
or
Svetlana Vigor
SVigor@fhc-chc.com
416 554 9608

REGISTER NOW:

Scan the QR code below, or click here

MORE INFORMATION

Weekly indoor pole walking session with a total body workout, stretching, cardio training, Balance, and muscle strengthening.

Suitable for all ages and fitness levels. Poles will be provided!

fhc FLEMINGDON HEALTH CENTRE

Alliance for Healthier Communities
Alliance pour des communautés en santé