



# ZOOM FUNCTIONAL FITNESS with Joanne Picot

**Joanne Picot** has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada – Certified Yoga Teacher.

Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

If you don't have weights, you can use a filled water bottle or a small ball that you can grip with one hand as a substitute. Get fit and learn some great workouts!

**Dates:** Tuesdays

January 5<sup>th</sup> & 19<sup>th</sup>, 2021 | February 2<sup>nd</sup> & 16<sup>th</sup>, 2021 | March 2<sup>nd</sup> & 16<sup>th</sup>, 2021

**Time:** 1:00 p.m. to 2:00 p.m.

**Registration required**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



**Mosaic Home Care Services & Community Resource Centres**

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