



## FITNESS



### Anjelica's 22 Minute Workout (HD-30 x30)

[CLICK HERE FOR ALL EPISODES](#)

A tribute to the hottest aerobics shows of the 1980s with a modern twist. Lifelong fitness fanatic, champion dancer, and former "Belly Dancer of the Universe" Anjelica Scannura and her diverse backup crews lead viewers through 22-minute fitness routines designed for all ages and fitness levels.



#### FEATURED EPISODE

*Get fit 1980s style with champion dancer Anjelica Scannura & her diverse backup crews.*



### Anjelica's Dance Workout (HD-10 x30)

[CLICK HERE FOR ALL EPISODES](#)

Champion dancer and former "Belly Dancer of the Universe" Anjelica Scannura leads viewers through fun, easy-to-follow fitness-focused world dance routines including Flamenco, Irish Stepdance, and Samba.



#### FEATURED EPISODE

*Anjelica's Dance Workout focuses on cardio and body toning.*



### Healing Yoga (HD-116 x 30)

[CLICK HERE FOR ALL EPISODES](#)

Certified yoga instructor Deborah Devine leads restorative yoga sessions with an emphasis on achievable and gentle yoga poses that help relieve symptoms of common conditions like back and joint pain.



#### FEATURED EPISODE

*Deborah's Healing Yoga routine helps with arthritis.*



### BollyFit (HD-26 x 30)

[CLICK HERE FOR ALL EPISODES](#)

Host and creator Reshmi Chetram takes her expertise in the art of Kuthak and turns it into a fun, invigorating and easy-to-follow cardio routine.



#### FEATURED EPISODE

*Featuring bhangra and Bollywood dance workouts.*





**LIFESTYLE**



**Divine Intervention (HD-18 x 30)**

[CLICK HERE FOR ALL EPISODES](#)

Rabbi Shmuley Boteach – former spiritual advisor to stars like Michael Jackson and frequent guest on *The Oprah Winfrey Show* - gives practical, inspirational advice to those seeking to overcome their fears and make changes in their lives.



**FEATURED EPISODE**

*A mother fosters female empowerment for her daughters.*

[CLICK HERE TO WATCH THE FEATURED EPISODE](#)



**Messages From Spirit (HD-26 x 30)**

[CLICK HERE FOR ALL EPISODES](#)

World-renowned medium Collette Baron-Reid offers her unique insight with each reading: a blend of evidence from the other side paired with sound guidance.



**FEATURED EPISODE**

*Messages for a teen whose friend took his own life.*

[CLICK HERE TO WATCH THE FEATURED EPISODE](#)



**Dr. Zach (HD-15 x 30)**

[CLICK HERE FOR ALL EPISODES](#)

Dr. Zachary Levine is a highly accomplished Emergency Doctor who has seen it all. In each episode, people with health concerns related to themselves, or those close to them, receive his one-on-one expert medical advice.



**FEATURED EPISODE**

*Discussing arthritis and back pain.*

[CLICK HERE TO WATCH THE FEATURED EPISODE](#)

**SCRIPTED DRAMA**



**Late Night (HD-1 x 90)**

The feature length TV adaptation of the critically acclaimed play about late night TV talk shows that hilariously sends up everything from celebrity meltdowns to ageism and sexism in the entertainment industry. A collaboration between TV pioneer Moses Znaimer and award-winning Canadian playwright Kat Sandler.



**FEATURED EPISODE**

[CLICK HERE TO WATCH THE FEATURED EPISODE](#)



**Unholy (HD-1 x 120)**

The feature length TV adaptation of the critically acclaimed play by award-winning Canadian playwright Diane Flacks. An Orthodox Jewish spiritual leader, a progressive Muslim lawyer, an excommunicated nun, and a lesbian atheist pundit face off in a wild, whip-smart public debate about contemporary women in organized religion.



**CONTACT FOR DETAILS**

[CLICK HERE TO EMAIL JOHN THORNTON](#)



## DOCUMENTARY



### My Life – My Choice: Dying With Dignity (HD-1 x 60)

A chronicle of Toronto resident Kathy Wardle's final days as she chooses to have a medically assisted death abroad to end her life of chronic pain.

MY LIFE - MY CHOICE  
DYING WITH DIGNITY

FEATURED EPISODE



### Cancer Saved My Life (HD-1 x 60)

Canadian broadcaster Libby Znaimer is a miraculous survivor of both breast and pancreatic cancer. Her story is one of hope and the promise of future medical breakthroughs for those battling pancreatic cancer today.

CANCER  
Saved My Life

FEATURED EPISODE



## CURRENT AFFAIRS / TALK



### ideacity (HD-208 x 30)

Media icon Moses Znaimer presents Talks from the world's brightest minds on the world's biggest ideas. Topics include science, tech, space, the environment, health, longevity, money, politics, sex, religion, culture, and design.

ideacity®  
MOSES ZNAIMER'S  
CONFERENCE

FEATURED EPISODE

Actor Alan Alda shares ideas about effective communication.



CLICK HERE FOR ALL EPISODES



### theZoomer (HD-75 x 60)

Lord Conrad Black co-hosts roundtable discussions about a variety of political topics and hot-button issues.

THE ZOOMER  
TELEVISION FOR BOOMERS WITH ZIP

FEATURED EPISODE

Debating the pros and cons of political correctness.



CLICK HERE FOR ALL EPISODES



## CURRENT AFFAIRS / TALK



### Conversations With Conrad (HD-20x60)

[CLICK HERE FOR ALL EPISODES](#)

Author and historian Lord Conrad Black has candid one-on-one conversations with world leaders and some of the finest minds in business and the arts. Feature interviews include British Prime Minister Boris Johnson, Canadian Prime Minister Justin Trudeau, and Princess Michael of Kent on life with the Royals.

**CONVERSATIONS**  
with Conrad

#### FEATURED EPISODE

*One-on-one with Canadian Prime Minister Justin Trudeau.*

**CLICK HERE**  
TO WATCH THE  
FEATURED EPISODE

## MUSIC



### Your All Time Classic Hit Parade (HD-26x30)

[CLICK HERE FOR ALL EPISODES](#)

Canadian stage and screen actress Marilyn Lightstone hosts a fun, family-friendly variety and sing-along show featuring the timeless hits of the Great American Songbook and the fascinating stories behind them.

*Your All Time Classic*  
**HIT PARADE**

#### FEATURED EPISODE

*Ensemble songs include "Glow Worm" and "On Moonlight Bay".*

**CLICK HERE**  
TO WATCH THE  
FEATURED EPISODE



### People Who Sing Together (HD-40x30)

[CLICK HERE FOR ALL EPISODES](#)

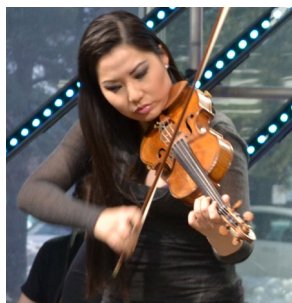
A musical variety series starring Canada's top choirs and soloists who perform popular hymns, gospel hits, and traditional songs. Lyrics are featured on screen so everyone can sing-along.

**PEOPLE  
WHO SING  
TOGETHER**

#### FEATURED EPISODE

*Chart-topper Jully Black sings her gospel favourites.*

**CLICK HERE**  
TO WATCH THE  
FEATURED EPISODE



### The Concert Series (HD-28x60)

[CLICK HERE FOR ALL EPISODES](#)

Great performances live from Toronto's Zoomer Hall by the biggest names in classical music today like violinist Midori, flutist James Galway, and opera megastar Sondra Radvanovsky.

**THE NEW  
ZOOMER HALL  
CONCERT SERIES**

#### FEATURED EPISODE

*Internationally renowned concert violinist Sarah Chang performs.*

**CLICK HERE**  
TO WATCH THE  
FEATURED EPISODE