

Exercise & Wellness Online **HOLIDAY** Class Calendar

December 23rd – 27th, 2024

- If you'd like support getting started with Zoom, please contact your local Community Care Office.
- To join a class: Go to www.zoom.us. Select Join a Meeting. Use the ID number and Password OR click on the [blue underlined](#) info below to open the meeting. You must use the exact PASSWORD (use capital letter as shown).
Contact us for more information: efp@commcareptbo.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 – 10:45 am Santa Stretch ** -TBD</p> <p><i>Santa must limber up to prepare for his busiest day of the year! Wear any Santa gear you may have.</i></p>	<p>10:00 – 10:45 am Jingle Jam in your Jammies ** (Gentle) -TBD</p> <p><i>All are encouraged to wear festive pajamas for this mostly seated Christmas Eve class!</i></p>	<p>MERRY CHRISTMAS! No Classes</p>	<p>Boxing Day No Classes</p>	<p>10:00 – 10:45 am Deck the Halls & Have a BALL **/** (Gentle) Krista</p> <p><i>Grab a small and/or medium sized ball and join us for this mostly seated exercise class</i></p>
<p>11:00 – 11:45 am Elf Energizer **** -TBD</p> <p><i>Just like Santa's Elves loading the sleigh, you'll be getting an energy boost from non-stop movement in cardio & weight form!</i></p>	<p>11:00 – 11:45 am Jingle Jam in Your Jammies ***/** (Advanced) -TBD</p> <p><i>All are encouraged to wear their festive pajamas for this advanced cardio & weights Christmas Eve class!</i></p>			<p>11:00 – 11:45 am Deck the Halls & Have a BALL ***/** (Advanced) Krista</p> <p><i>Grab a small and/or medium sized ball and join us for an advanced exercise class.</i></p>

Indicate level of difficulty (Lowest ****Highest)

Revised December 4, 2024 by S. Burton