



Exercise & Wellness Online **HOLIDAY** Class Calendar

December 30th – January 3rd, 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 A Fundamental Beach Party ** -Krista</p> <p><i>Dress up in your beach attire for this edition of our Fundamentals class</i></p>	<p>10:00 – 10:45 am New Year's Eve Dance Party (50's & 60's Music Edition) ** (Gentle) -Krista</p> <p><i>Working out to music from the 50's & 60's in this mostly seated exercise class. Wear your most sparkly/shiny NYE outfit!</i></p>	<p>HAPPY NEW YEAR! No Classes</p>	<p>10:00 – 10:45 am Kickin' Off the New Year **/*** (Gentle) -Krista</p> <p><i>A sports themed workout to kick the New Year off right!</i></p>	<p>10:00 – 10:45 am Winter Warm-Up **/**** (Gentle) -Krista</p> <p><i>Grab a friend or family member for this winter warm-up exercise routine!</i></p>
<p>11:00 – 11:45 am Advanced Cardio & Weights – Beach Party Edition **** -Krista</p> <p><i>Dress up in your beach attire for this edition of our Advanced Cardio & Weights class</i></p>	<p>11:00 – 11:45 am New Year's Eve Dance Party (60's & 70's Music Edition) ***/**** (Advanced) -Krista</p> <p><i>Working out to music from the 60's & 70's in this Advanced class. Wear your most sparkly/shiny NYE outfit!</i></p>		<p>11:00 – 11:45 am Kickin' Off the New Year ***/**** (Advanced) -Krista</p> <p><i>An advanced sports themed workout to start the year off right!</i></p>	<p>11:00 – 11:45 am Winter Weight Workout ***/**** (Advanced) -Krista</p> <p><i>Be prepared to pump those muscles through this weight workout! Participants are encouraged to bring a friend to workout with!</i></p>

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

Revised December 4, 2024 by S. Burton