

Exercise & Wellness Online Class Calendar

February 2025

- If you'd like support getting started with Zoom, please contact your local Community Care Peterborough Office.
- To join a class: You can find the Zoom Meeting info in our Zoom Catalogue or reach out to us at efp@commcareptbo.org to be provided the Zoom Catalogue and Calendar with the Zoom Meeting info

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | 8:30 – 9:15 am Long & Strong Muscles Weight Training *** <i>Michelle</i> | | |
| 10:00 – 10:45 am The Fundamentals ** <i>Krista</i> | 10:00 – 10:45 am Morning Energizer **/*** <i>Michelle</i> | 10:00 – 10:45 am Bodies in Balance **/*** <i>Patti</i> | 10:00 – 10:45 am The Fundamentals** <i>Shannon</i> | 10:00 – 10:45 am Morning Energizer**/*** <i>Michelle</i> |
| 10:00 – 10:45 am Chair Yoga ** <i>Mark</i> | 10:00 – 10:45 am Mat Yoga *** <i>Mark</i> | 10:00 – 10:45 am Chair Yoga ** <i>Mark</i> | 10:00 – 10:45 am Mat Yoga *** <i>Mark</i> | |
| 11:00 – 11:45 am Adv. Cardio & Weights **** <i>Krista</i> | 11:00 – 11:45 am Adv. Cardio & Weights **** <i>Michelle</i> | 11:00 – 11:45 am Adv. Cardio & Weights **** <i>Patti</i> | 11:00 – 11:45 am Adv. Cardio & Weights **** <i>Shannon</i> | |
| | | | | |