

## Exercise & Wellness Online Class Calendar

January 6 – 31, 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](mailto: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>	