

## Exercise & Wellness Online Class Calendar

**March 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 <b>Long &amp; Strong Muscles Weight Training ***</b> <i>Michelle</i>		
10:00 – 10:45 am <b>The Fundamentals **</b> <i>Krista</i>	10:00 – 10:45 am <b>Morning Energizer **/***</b> <i>Michelle</i>	10:00 – 10:45 am <b>Bodies in Balance **/***</b> <i>Patti</i>	10:00 – 10:45 am <b>Morning Energizer**/***</b> <i>Michelle</i>	10:00 – 10:45 am <b>Morning Energizer**/***</b> <i>Michelle</i>
10:00 – 10:45 am <b>Chair Yoga **</b> <i>Mark</i>	10:00 – 10:45 am <b>Mat Yoga ***</b> <i>Mark</i>	10:00 – 10:45 am <b>Chair Yoga **</b> <i>Mark</i>	10:00 – 10:45 am <b>Mat Yoga ***</b> <i>Mark</i>	
11:00 – 11:45 am <b>Adv. Cardio &amp; Weights ****</b> <i>Krista</i>	11:00 – 11:45 am <b>Adv. Cardio &amp; Weights ****</b> <i>Michelle</i>	11:00 – 11:45 am <b>Adv. Cardio &amp; Weights ****</b> <i>Patti</i>	11:00 – 11:45 am <b>Adv. Cardio &amp; Weights ****</b> <i>Michelle</i>	