

Exercise & Wellness Online Class Calendar

November 2024

- 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 *New Link* 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>	
		November 20th Only 12:00 – 12:45 pm “What to Do When a Fall Happens to You” * <i>Shannon/Krista</i>		

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

Revised October 30, 2024 by S. Burton

