

## Exercise & Wellness Class Calendar

**Starts May 31, 2021**

- See more details in the Exercise and Wellness Catalogue.
- If you'd like support getting started with Zoom, please contact your local Community Care Peterborough Office.
- To join a class: send an email to Sheila Cook: [scCook@commcareptbo.org](mailto:scCook@commcareptbo.org)
- You'll receive a quick to complete registration form and the Zoom information for each class.
- The instructors will join the class 10 minutes before the start time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. Body & Brain Fitness – Sue	9:00 – 9:45 a.m. Fun Fusion – Sue	9:00 – 9:45 a.m. Body & Brain Fitness – Sue	9:00 – 9:45 a.m. Fun Fusion – Sue	9:00 – 9:45 a.m. Body & Brain Fitness – Sue
9:00 – 9:45 a.m. Fit Fore Golf – Sheila			9:00 – 9:45 a.m. Fit Fore Golf – Sheila	
10:00 – 10:45 a.m. Gentle Stretch & Strengthen – Sue	10:00 – 10:45 a.m. Morning Energizer– Michelle 	10:00 – 10:45 a.m. Morning Energizer – Sheila	10:00 – 10:45 a.m. Morning Energizer – Sheila	10:00 – 10:45 a.m. Gentle Stretch & Strengthen – Sue
10:00 – 10:45 a.m. Chair Yoga – Mark	10:00 – 10:45 a.m. Mat Yoga - Mark	10:00 – 10:45 a.m. Chair Yoga – Mark	10:00 – 10:45 a.m. Mat Yoga – Mark	
10:00 – 11:00 a.m. Chair Yoga – Laura		10:00 – 11:00 a.m. Chair Yoga – Laura		10:00 – 11:00 a.m. Chair Yoga – Laura
11:00 – 11:45 a.m. Adv. Cardio & Weights – Sheila	11:00 – 11:45 a.m. Adv. Cardio & Weights – Michelle	11:00 – 11:45 a.m. Adv. Cardio & Weights – Sheila	11:00 – 11:45 a.m. Adv. Cardio & Weights – Michelle	11:00 – 11:45 a.m. Zumba Dance – Ana Maria
1:00 – 1:45 p.m. Mindful Moves Mondays - Sheila	1:30 – 2:30 p.m. Ageless Grace - Karin	1:00 – 1:45 p.m. Wellness Wednesdays – Sheila		
		2:00 – 2:45 p.m. Mat and Band – Michelle		
3:30 – 4:00 p.m. Afternoon Energizer – Michelle	3:30 – 4:00 p.m. Afternoon Energizer – Jodie	3:30 – 4:00 p.m. Afternoon Energizer – Michelle	3:30 – 4:00 p.m. Afternoon Pound – Jodie	3:30 – 4:00 p.m. Afternoon Energizer – Michelle
7:00 – 8:00 p.m. Yoga – Mark		7:00 – 8:00 p.m. Yoga – Mark		