

Exercise & Wellness Class Calendar

July 2022

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: Go to www.zoom.us. Select Join a Meeting. Use the ID number and Password OR click on the links shown in the catalogue or cut and paste it into your browser. You must use the exact PASSWORD (use capital letter as shown).

Contact us for more information: efp@commcareptbo.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45am Zumba Gold Toning ****-Jodie				
8:30 – 9:15 am Body & Brain Fitness **– Michelle		8:30 – 9:15 am Long & Strong Muscles Weight Training ***– Michelle	9:00 – 9:45 am Gentle Stretch, Strengthen & Balance *– Michelle	
10:00 – 10:45 am The Fundamentals **– Shannon	10:00 – 10:45 am Morning Energizer **/***– Michelle	10:00 – 10:45 am Bodies in Balance **/***– Jodie	10:00 – 10:45 am The Fundamentals**-Shannon	10:00 – 10:45 am Morning Energizer**/***– Michelle
10:00 – 10:45 am Chair Yoga **– Mark	10:00 – 10:45 am Mat Yoga ***- Mat	10:00 – 10:45 am Chair Yoga **– Mark	10:00 – 10:45 am Mat Yoga **– Mark	
10:00 – 11:00 am Chair Yoga **– Laura		10:00 – 11:00 am Chair Yoga **– Laura		10:00 – 11:00 am Chair Yoga **– Laura
11:00 – 11:45 am Adv. Cardio & Weights **** – Shannon	11:00 – 11:45 am Adv. Cardio & Weights **** – Michelle	11:00 – 11:45 am Adv. Cardio & Weights ****– Jodie	11:00 – 11:45 am Adv. Cardio & Weights ****– Shannon	
		1:00 – 1:45 pm Wellness Wednesdays* Jodie		
1:30 – 2:00 pm Mindful Moves Monday *– Jodie	1:00 – 1:45 pm Chair Yoga *– Jodie		1:00 – 1:45 pm Chair Yoga *– Jodie	
	2:00 – 2:30 pm Bodies in Balance **/***– Jodie		2:00 – 2:30pm Bodies in Balance**/***– Jodie	

* Indicate level of difficulty. * Lowest ****Highest

Revised July 4, 2022