

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. Body & Brain Fitness – Sue		9:00 – 9:45 a.m. Body & Brain Fitness – Sue		9:00 – 9:45 a.m. Body & Brain Fitness – Sue
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 <i>See catalogue</i>	10:00 – 10:45 a.m. Mat Yoga – Mark <i>See catalogue</i>	10:00 – 10:45 a.m. Chair Yoga – Mark <i>See catalogue</i>	10:00 – 10:45 a.m. Mat Yoga – Mark <i>See catalogue</i>	
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. Advanced Cardio & Weights – Sheila	11:00 – 11:45 a.m. Advanced Cardio & Weights – Michelle	11:00 – 11:45 a.m. Advanced Cardio & Weights – Sheila	11:00 – 11:45 a.m. Advanced Cardio & Weights – Michelle	11:00 – 11:45 a.m. Zumba Dance – Amarilis
1:00 – 1:30 p.m. Mindful Moves Mondays – Sheila		1:00 – 1:30 p.m. Wellness Wednesdays – Sheila	12:00 – 12:45 p.m. Figure 8 Cardio – Amarilis	
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 – Jodie

- See more details in the Exercise and Wellness Catalogue.
- If you'd like some support to get started with Zoom, please contact your local Community Care office.