

## Exercise & Wellness Class Calendar

January 4 – 28, 2022

See more details in the Exercise and Wellness Catalogue. Refer to separate Holiday Schedule.

- 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](http://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).
- The instructors will join the class 10 minutes before the start time. Shannon Burton sburton@commcareptbo.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. Body & Brain Fitness **– Sheila	9:00 – 9:45 a.m. Long & Strong Muscles Weight Training ***– Michelle		9:00 – 9:45 a.m. Gentle Stretch, Strengthen & Balance *– Sheila	9:00 – 9:45 a.m. Morning Energizer ***– Shannon
9:00 – 9:45 a.m. Zumba Toning *** - Jodie				
10:00 – 10:45 a.m. Morning Energizer ***– Shannon	10:00 – 10:45 a.m. Morning Energizer ***– Michelle	10:00 – 10:45 a.m. Morning Energizer ***– Michelle	10:00 – 10:45 a.m. Morning Energizer ***– Shannon	10:00 – 10:45 a.m. Adv. Cardio & Weights ****– Shannon
10:00 – 10:45 a.m. Chair Yoga **– Mark	10:00 – 10:45 a.m. Mat Yoga ***- Sheila	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 **** – Shannon	11:00 – 11:45 a.m. Adv. Cardio & Weights **** – Michelle	11:00 – 11:45 a.m. Adv. Cardio & Weights ****– Michelle	11:00 – 11:45 a.m. Adv. Cardio & Weights ****– Shannon	
1:30 – 2:00 p.m. Mindful Moves Monday *– Sheila		1:00 – 1:45 p.m. Wellness Wednesdays *–		
2:15 – 3:00 p.m. Gentle Stretch, Strengthen & Balance *– Sheila				
7:00 – 8:00 p.m. Yoga **– Mark				

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

Revised December 17, 2021