

Exercise & Wellness Class Calendar

Starts May 3, 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 register and receive the Zoom information, please email: Sheila Cook, Coordinator: scook@commcareptbo.org

MONDAY (no classes on May 24)	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
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 – Amarilis
1:00 – 1:45 p.m. Mindful Moves Mondays - Sheila		1:00 – 1:45 p.m. Wellness Wednesdays – Sheila		
	2:30 – 3:15 p.m. Tea & Inspirational Chats – Karin	2:00 – 2:45 p.m. Mat and Band – Michelle	2:30 – 3:15 p.m. Tea & Inspirational Chats – Karin	
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		