

- If you'd like access to the virtual holiday classes on ZOOM, email us at efp@commcareptbo.org Links will be sent via email Dec 19-21.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 – 10:45 am Santa Stretch ** (Gentle) -TBD</p> <p><i>Santa needs to stretch out and recover after his busiest day of the year! Wear any Santa gear you may have.</i></p>	<p>10:00 – 10:45 am Deck the Halls & Have a BALL **/*** (Gentle) -TBD</p> <p><i>Grab a small and/or medium sized ball and join us for this mostly seated exercise class</i></p>	<p>10:00 – 10:45 am Sparkle & Shine New Year's Eve Dance Party **/*** (Gentle) - TBD</p> <p><i>Wear something that sparkles for today's dance party inspired class!</i></p>	<p>Happy New Year! No Classes</p>	<p>10:00 – 10:45 am Gingerbread House Cleaning Circuit **/*** (Gentle) -TBD</p> <p><i>Santa left a specific list of exercises in our stocking, work through the stations with us online today!</i></p>
<p>11:00 – 11:45 am Elf Energizer ***/**** (Advanced) -TBD</p> <p><i>Just like Santa's Elves loading the sleigh, you'll be getting an energy boost from non-stop movement in cardio & weight form!</i></p>	<p>11:00 – 11:45 am Deck the Halls & Have a BALL ***/**** (Advanced) -TBD</p> <p><i>Grab a small and/or medium sized ball and join us for an advanced exercise class.</i></p>	<p>11:00 – 11:45 am Sparkle & Shine New Year's Eve Dance Party ***/**** (Advanced) -TBD</p> <p><i>Wear something that sparkles for today's dance party inspired advanced class!</i></p>		<p>11:00 – 11:45 am Gingerbread House Cleaning Circuit ***/**** (Advanced) -TBD</p> <p><i>Santa left a specific list of advanced style exercises in our stocking, work through the stations with us online today!</i></p>