

Exercise & Wellness Online Class Calendar

January 2024

- 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
		8:30 – 9:15 am Long & Strong Muscles Weight Training *** <i>Michelle</i>		
	9:00 – 9:45 am Gentle Stretch, Strengthen & Balance * <i>Adam</i>			
10:00 – 10:45 am The Fundamentals ** <i>Adam</i>	10:00 – 10:45 am Morning Energizer **/** <i>Michelle</i>	10:00 – 10:45 am Bodies in Balance **/** <i>Patti</i>	10:00 – 10:45 am The Fundamentals** <i>Melissa</i>	10:00 – 10:45 am Morning Energizer**/** <i>Michelle</i>
10:00 – 10:45 am Chair Yoga ** <i>Mark</i>	10:00 – 10:45 am Mat Yoga *** <i>Mark</i>	10:00 – 10:45 am Chair Yoga ** <i>Mark</i>	10:00 – 10:45 am Mat Yoga *** <i>Mark</i>	
11:00 – 11:45 am Adv. Cardio & Weights **** <i>Adam</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Michelle</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Adam</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Melissa</i>	
1:00 – 1:45 pm Bodies in Balance **/** <i>Adam</i>	1:00 – 1:30/1:45pm Wellness Webinars * <i>Melissa and/or Adam</i> January 16 th			

* Indicate level of difficulty (* Lowest ****Highest)

Revised December 29, 2023 by M. Scott