

## Exercise & Wellness Online Class Calendar

January 2023

- If you'd like support getting started with Zoom, please contact your local Community Care Peterborough Office.

Contact us for more information: [efp@commcareptbo.org](mailto:efp@commcareptbo.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00-8:45am Zoom-ba Gold ****-Jodie		8:00-8:45am Zoom-ba Gold ****-Jodie	
8:30 – 9:15 am Body & Brain Fitness **– Michelle		8:30 – 9:15 am Long & Strong Muscles Weight Training ***– Michelle	9:00 – 9:45 am Gentle Stretch, Strengthen & Balance *– Michelle	
10:00 – 10:45 am The Fundamentals **– Shannon	10:00 – 10:45 am Morning Energizer **/***– Michelle	10:00 – 10:45 am Bodies in Balance **/***– Jodie	9:00 – 9:45 am Adv. Cardio & Weights ***– Jodie	10:00 – 10:45 am Morning Energizer**/***– Michelle
10:00 – 10:45 am Chair Yoga **– Mark	10:00 – 10:45 am Mat Yoga ***- Mark	10:00 – 10:45 am Chair Yoga **– Mark	10:00 – 10:45 am The Fundamentals**-Shannon	
10:00 – 11:00 am Chair Yoga **– Laura		10:00 – 11:00 am Chair Yoga **– Laura	10:00 – 10:45 am Mat Yoga **– Mark	10:00 – 11:00 am Chair Yoga **– Laura
11:00 – 11:45 am Adv. Cardio & Weights **** – Shannon	11:00 – 11:45 am Adv. Cardio & Weights **** – Michelle	11:00 – 11:45 am Adv. Cardio & Weights ****– Jodie		
2:00 – 2:30 am 6 Week Group Check-In –Michelle (Participants will receive link when registering with Michelle)	1:00 – 1:45 pm Chair Yoga *– Jodie		1:00 – 1:45 pm Chair Yoga *– Jodie	
2:00 – 2:30 pm Mindful Moves *– Jodie	2:00 – 2:45 pm Bodies in Balance** – Jodie			

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

Revised Dec 21, 2022