

# Exercise & Falls Prevention (EFP) Program Virtual Schedule

## January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00 – 10:45 am</b> <b>Fundamentals</b> <i>Instructor: Krista</i> Level: 2	<b>10:00 – 10:45 am</b> <b>Morning Energizer</b> <i>Instructor: Michelle</i> Level: 3	<b>10:00 – 10:45 am</b> <b>Bodies in Balance</b> <i>Instructor: Patti</i> Level: 3	<b>10:00 – 10:45 am</b> <b>Fundamentals Plus</b> <b>Weights</b> <i>Instructor: Shannon</i> Level: 2/3	<b>10:00 – 10:45 am</b> <b>Morning Energizer</b> <i>Instructor: Michelle</i> Level: 3
<b>10:00 – 10:45 am</b> <b>Chair Yoga</b> <i>Instructor: Mark</i> Level: 2	<b>10:00 – 10:45 am</b> <b>Mat Yoga ***</b> <i>Instructor: Mark</i> Level: 3	<b>10:00 – 10:45 am</b> <b>Chair Yoga</b> <i>Instructor: Mark</i> Level: 2	<b>10:00 – 10:45 am</b> <b>Mat Yoga</b> <i>Instructor: Mark</i> Level: 3	
<b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> <i>Instructor: Krista</i> Level: Advanced (4)	<b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> <i>Instructor: Michelle</i> Level: Advanced (4)	<b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> <i>Instructor: Patti</i> Level: Advanced (4)	<b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> <i>Instructor: Shannon</i> Level: Advanced (4)	

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at [efp@commcareptbo.org](mailto:efp@commcareptbo.org) or contact your local Community Care Office.