



Empowering you to live at home
in the City and County of Peterborough

Exercise & Falls Prevention (EFP) Program Virtual Schedule

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am Fundamentals <i>Instructor: Krista</i> Level: 2	10:00 – 10:45 am Morning Energizer <i>Instructor: Michelle</i> Level: 3	10:00 – 10:45 am Bodies in Balance <i>Instructor: Patti</i> Level: 3	10:00 – 10:45 am Fundamentals Plus Weights <i>Instructor: Shannon</i> Level: 2/3	10:00 – 10:45 am Morning Energizer <i>Instructor: Michelle</i> Level: 3
10:00 – 10:45 am Chair Yoga <i>Instructor: Mark</i> Level: 2	10:00 – 10:45 am Mat Yoga *** <i>Instructor: Mark</i> Level: 3	10:00 – 10:45 am Chair Yoga <i>Instructor: Mark</i> Level: 2	10:00 – 10:45 am Mat Yoga <i>Instructor: Mark</i> Level: 3	
11:00 – 11:45 am Cardio & Weights <i>Instructor: Krista</i> Level: Advanced (4)	11:00 – 11:45 am Cardio & Weights <i>Instructor: Michelle</i> Level: Advanced (4)	11:00 – 11:45 am Cardio & Weights <i>Instructor: Patti</i> Level: Advanced (4)	11:00 – 11:45 am Cardio & Weights <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 or contact your local Community Care Office.