

Exercise & Wellness Online Class Calendar

July 2025

- If you'd like support getting started with Zoom, please contact your local Community Care Peterborough Office.
- To join a class: You can find the Zoom Meeting info in our Zoom Catalogue or reach out to us at efp@commcareptbo.org to be provided the Zoom Catalogue and Calendar with the Zoom Meeting info

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am The Fundamentals ** <i>Krista</i>	10:00 – 10:45 am Morning Energizer **/*** <i>Michelle</i> <i>No Class July 1st</i>	10:00 – 10:45 am Bodies in Balance **/*** <i>Patti</i>	10:00 – 10:45 am The Fundamentals**/*** <i>Shannon</i> <i>No Class July 3rd</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> <i>No Class July 1st</i>	10:00 – 10:45 am Chair Yoga ** <i>Mark</i> <i>No class July 9th</i>	10:00 – 10:45 am Mat Yoga *** <i>Mark</i> <i>No class July 10th</i>	
11:00 – 11:45 am Adv. Cardio & Weights **** <i>Krista</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Michelle</i> <i>No Class July 1st</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Patti</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Shannon</i> <i>No Class July 3rd</i>	

**Due to instructor summer holidays some classes will have alternate instructors covering*

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

Revised June 30, 2025 by S. Burton