

Exercise & Wellness Online Class Calendar

March 13-17, 2023

- 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 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 **– Michelle	10:00 – 10:45 am Morning Energizer **/***– Michelle			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**-Michelle	
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 **** – Michelle	11:00 – 11:45 am Adv. Cardio & Weights **** – Michelle			

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

Revised Feb 28, 2023