

## Exercise & Wellness Online Class Calendar

March 27-31, 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](http://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](mailto:efp@commcareptbo.org)

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  | 8:00-8:45am<br>Zoom-ba Gold ****-Jodie                       |  | 8:00-8:45am<br>Zoom-ba Gold ****-Jodie                                |   |
| 8:30 – 9:15 am<br>Body & Brain Fitness **– Michelle          | 9:00 – 9:45 am<br>Hybrid Lakefield Fitness ***–<br>Jodie     | 8:30 – 9:15 am<br>Long & Strong Muscles Weight<br>Training ***– Michelle | 9:00 – 9:45 am<br>Gentle Stretch, Strengthen &<br>Balance *– Michelle |   |
| 10:00 – 10:45 am<br>The Fundamentals **– Michelle            | 10:00 – 10:45 am<br>Morning Energizer **/***–<br>Michelle    | 10:00 – 10:45 am<br>Bodies in Balance **/***– Jodie                      | 9:00 – 9:45 am<br>Adv. Cardio & Weights ***–<br>Jodie                 | 10:00 – 10:45 am<br>Morning Energizer**/***– Michelle |
| 10:00 – 10:45 am<br>Chair Yoga **– Mark                      | 10:00 – 10:45 am<br>Mat Yoga ***- Mark                       | 10:00 – 10:45 am<br>Chair Yoga **– Mark                                  | 10:00 – 10:45 am<br>The Fundamentals**-Michelle                       |   |
|  |  |  | 10:00 – 10:45 am<br>Mat Yoga **– Mark                                 |   |
| 11:00 – 11:45 am<br>Adv. Cardio & Weights **** –<br>Michelle | 11:00 – 11:45 am<br>Adv. Cardio & Weights **** –<br>Michelle | 11:00 – 11:45 am<br>Adv. Cardio & Weights ****–<br>Jodie                 |   |   |
|  |  |  | 1:00 – 1:45 pm<br>Chair Yoga *– Jodie                                 |   |
|  |  |  | 2:00 – 2:45 pm<br>Bodies in Balance** – Jodie                         |   |

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

Revised Feb 28, 2023