



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

# Exercise & Falls Prevention (EFP) Program Virtual Schedule

## May 2026

*\*Members please check your email for new links/passcodes*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10:00 – 10:45 am</b> <b>Fundamentals</b> Instructor: Shannon Level: 2 No Class May 18<sup>th</sup></p>	<p><b>10:00 – 10:45 am</b> <b>Morning Energizer</b> Instructor: Michelle Level: 3</p>	<p><b>10:00 – 10:45 am</b> <b>Bodies in Balance</b> Instructor: Patti Level: 3</p>	<p><b>10:00 – 10:45 am</b> <b>Fundamentals Plus</b> <b>Weights</b> Instructor: Shannon Level: 2/3</p>	<p><b>10:00 – 10:45 am</b> <b>Morning Energizer</b> Instructor: Michelle Level: 3</p>
<p><b>10:00 – 10:45 am</b> <b>Chair Yoga</b> Instructor: Mark Level: 2 No Class May 18<sup>th</sup></p>	<p><b>10:00 – 10:45 am</b> <b>Mat Yoga</b> Instructor: Mark Level: 3</p>	<p><b>10:00 – 10:45 am</b> <b>Chair Yoga</b> Instructor: Mark Level: 2</p>	<p><b>10:00 – 10:45 am</b> <b>Mat Yoga</b> Instructor: Mark Level: 3 <b>*May 28<sup>th</sup> – Yin Yoga</b></p>	
<p><b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> Instructor: Shannon Level: Advanced (4) No Class May 18<sup>th</sup></p>	<p><b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> Instructor: Michelle Level: Advanced (4)</p>	<p><b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> Instructor: Patti Level: Advanced (4)</p>	<p><b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> Instructor: Shannon Level: Advanced (4)</p>	

- 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.