

Exercise & Wellness Online Class Calendar

May 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	8:00-8:45am Zoom-ba Gold ****-Jodie	
	9:00 – 10:00 am Lakefield Hybrid Fitness *** – Jodie		9:00 – 9:45 am Gentle Stretch, Strengthen & Balance * – Michelle	
10:00 – 10:45 am The Fundamentals ** – Shannon/Jodie	10:00 – 10:45 am Morning Energizer **/*** – Michelle	10:00 – 10:45 am Bodies in Balance **/*** – Jodie	9:00 – 10:00 am Adv. Cardio & Weights *** – Jodie	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 Morning Energizer ***-Michelle	
			10:00 – 10:45 am Mat Yoga ** – Mark	
11:00 – 11:45 am Adv. Cardio & Weights **** – Shannon	11:00 – 11:45 am Adv. Cardio & Weights **** – Michelle	11:00 – 11:45 am Adv. Cardio & Weights **** – Jodie		
			1:00 – 1:45 pm Chair Yoga * – Jodie	
2:00 – 2:45 pm Mindful Moves* – Jodie			2:00 – 2:45 pm Bodies in Balance** – Jodie	

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

Revised April 26, 2023