

Exercise & Wellness Online Class Calendar

November 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 Long & Strong Muscles Weight Training ***– Michelle		
	9:00 - 9:45am Gentle Stretch, Strengthen & Balance * Adam			
10:00 – 10:45 am The Fundamentals **– Adam	10:00 – 10:45 am Morning Energizer **/***– Michelle	10:00 – 10:45 am Bodies in Balance **/***– Patti	10:00 – 10:45 am The Fundamentals**-Melissa	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 Mat Yoga **– Mark	
11:00 – 11:45 am Adv. Cardio & Weights **** – Adam	11:00 – 11:45 am Adv. Cardio & Weights **** – Michelle	11:00 – 11:45 am Adv. Cardio & Weights ****- Adam	11:00 – 11:45 am Adv. Cardio & Weights **** – Melissa	
1:00 - 1:45pm Bodies in Balance **/*** - Adam				
	Tuesday, November 7 th 2:00 – 3:00pm Falls Prevention Talk - Melissa			

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

Revised October 27, 2023 by M. Scott