

Exercise & Wellness Online Class Calendar

September 2025

- If you'd like support getting started with Zoom, please contact your local Community Care Peterborough Office.
- To join a class: You can find the Zoom Meeting info in our Zoom Catalogue or reach out to us at efp@commcareptbo.org to be provided the Zoom Catalogue and Calendar with the Zoom Meeting info

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am The Fundamentals ** <i>Krista</i> <i>No Class Sept 1st</i>	10:00 – 10:45 am Morning Energizer **/*** <i>Michelle</i>	10:00 – 10:45 am Bodies in Balance **/*** <i>Patti</i>	10:00 – 10:45 am The Fundamentals**/*** <i>Shannon</i> <i>No class Sept 25th</i>	10:00 – 10:45 am Morning Energizer**/*** <i>Michelle</i> <i>No Class Sept 19th</i>
10:00 – 10:45 am Chair Yoga ** <i>Mark</i> <i>No Class Sept 1st</i>	10:00 – 10:45 am Mat Yoga *** <i>Mark</i>	10:00 – 10:45 am Chair Yoga ** <i>Mark</i>	10:00 – 10:45 am Mat Yoga *** <i>Mark</i>	
11:00 – 11:45 am Adv. Cardio & Weights **** <i>Krista</i> <i>No Class Sept 1st</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Michelle</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Patti</i>	11:00 – 11:45 am Adv. Cardio & Weights **** <i>Shannon</i> <i>No class Sept 25th</i>	
		September 24 th ONLY Walking into Wellness – Wellness Webinar 1:30pm with Shannon & Krista		

*Due to instructor holidays, some classes may have a different instructor covering

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

Revised August 26, 2025 by S. Burton