

Exercise & Falls Prevention (EFP) Program Virtual Schedule

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am Fundamentals <i>Instructor: Shannon</i> Level: 2 No Class Aug 3 rd & 31 st	10:00 – 10:45 am Morning Energizer <i>Instructor: Michelle</i> Level: 3	10:00 – 10:45 am Bodies in Balance <i>Instructor: Patti</i> Level: 3	10:00 – 10:45 am Fundamentals Plus Weights <i>Instructor: Shannon</i> Level: 2/3	10:00 – 10:45 am Morning Energizer <i>Instructor: Michelle</i> Level: 3
10:00 – 10:45 am Chair Yoga <i>Instructor: Mark</i> Level: 2 No Class Aug 3 rd – Civic Holiday	10:00 – 10:45 am Mat Yoga <i>Instructor: Mark</i> Level: 3	10:00 – 10:45 am Chair Yoga <i>Instructor: Mark</i> Level: 2	10:00 – 10:45 am Mat Yoga <i>Instructor: Mark</i> Level: 3 *Aug 27 th – Yin Yoga	
11:00 – 11:45 am Cardio & Weights <i>Instructor: Shannon</i> Level: Advanced (4) No Class Aug 3 rd & 31 st	11:00 – 11:45 am Cardio & Weights <i>Instructor: Michelle</i> Level: Advanced (4) No Class Aug 4 th	11:00 – 11:45 am Cardio & Weights <i>Instructor: Patti</i> Level: Advanced (4)	11:00 – 11:45 am Cardio & Weights <i>Instructor: Shannon</i> Level: Advanced (4)	

- 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 or contact your local Community Care Office.
- Please note – instructors may change due to availability, especially during summer vacation months.