


Exercise and Wellness Class Catalogue

Starts: January 4, 2021

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 Unsure which classes are best for you? Email the instructor or ask your Community Development Coordinator in your local office.





SECTION A: Exercise Classes Offered On-Line (Zoom)


★★ **Important notice: Afternoon Energizer, Zumba and Yoga with Laura Zoom Information updated.**


New to On-Line Classes or using Zoom?


- Call your local office for support. Our staff and volunteers are happy to help.
- Click on the link for each class.


Class	Advanced Cardio & Weights – On-Line 	
Description	In this class, we start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session. Level of Difficulty +++++	
Day & Time	Monday, Tuesday, Wednesday and Thursday: 11:00 a.m. – 11:45 a.m.	
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com
Zoom Link	https://us02web.zoom.us/j/353640081?pwd=elB1VTloanpocDNScEVlbzdGWEI0Zz09	


Class	Afternoon Energy Boost Exercises – On-Line 	
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty ++ *NEW Special Class on Thursdays: POUND - Move and groove with this fun, energetic workout to build endurance, strength and coordination while toning your muscles. You'll use 2 wooden spoons or drumsticks to create your own beat. Level of Difficulty +++	
Day & Time	Monday, Tuesday, Wednesday, Thursday & Friday: 3:30 p.m. – 4:00 p.m. No class on December 24 th	
Instructors	Jodie Mulder jodiemulder74@gmail.com	Michelle Holdforth yogasouls101@gmail.com
Zoom Link	https://us02web.zoom.us/j/82798420166?pwd=akpVSlo2a3lIMjVhVWFVDkyMWkwQT09	

Class	Body and Brain Fitness – On-Line * New 
Description	Seated and standing (with the support of a chair) activities designed to keep your brain sharp and your body strong and flexible. Exercise is one of the best ways to boost our brain health and improve our coordination. Level of Difficulty +
Day & Time	Monday, Wednesday & Friday: 9:00 – 9:45 a.m.
Instructor	Sue Bitonte yogasue@gmail.com
Zoom Link	https://us02web.zoom.us/j/88955399531?pwd=Mm5oRUZDb09hMTZUViB6aHRQbWN1Zz09

Class	Gentle Stretch and Strengthen Exercises – On-Line 
Description	A gentle seated class for people just starting to exercise, prefer to exercise from a chair and/or have health conditions like arthritis, osteoporosis and breathing challenges. Exercises for better bones and greater flexibility. Level of Difficulty +
Day & Time	Monday and Friday: 10:00 – 10:45 a.m.
Instructor	Sue Bitonte yogasue@gmail.com
Zoom Link	https://us02web.zoom.us/j/85267130918?pwd=b2lBY3ptSTl0V1RGVHorNHd5QlRyZz09

Class	Morning Energy Boost Exercises – On-Line (formerly Level 1 Exercise) 
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty ++
Day & Time	Tuesday, Wednesday and Thursday: 10:00 a.m. – 10:45 a.m.
Instructors	Sheila Cook scook@commcareptbo.org Michelle Holdforth yogasouls101@gmail.com
Link	https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09

Class	Figure 8 – On-Line * New 
Description	A Latin dance-based exercise program that combines simple steps with effective movements to help with weight loss, increased flexibility, and building core strength. Level of Difficulty +++
Day & Time	Thursday: 12:00 – 12:45 a.m.
Instructor	Amarilis Rivero amarilis1132@hotmail.com
Link	https://us02web.zoom.us/j/86037873396?pwd=ZWNOM2RZZzJSMi9HZXdzZ2gremP6Zz09


Class	Zumba – On-Line * New 
Description	A fun way to get fit with simple dance moves specially choreographed by Amarilis. If you're a bit shy, remember you can turn your video off and dance to your heart's content. Level of Difficulty +++
Day & Time	Friday: 11:00 – 11:45 a.m.
Instructor	Amarilis Rivero amarilis1132@hotmail.com
Link	https://us02web.zoom.us/j/84571149797?pwd=cGg1YkluUU0tMRll6VUxNMktMcUJldz09




SECTION B: Pole Walking

No registration required in January 2021.


BUCKHORN

Class	Pole Walking 
Description	Pole Walking turns your walk into a whole-body activity that uses your lower body, as well as upper body muscles - arms, back, shoulders and neck. Bring your own poles or borrow a pair of sanitized poles. Learn good stretches and proper poling techniques. Level of Difficulty ++ to ++++ (You choose the level)
Location	John Earle Chase Memorial Park, Anchor Bay Road Parking Lot
Day & Time	Monday: 2:00 – 3:00 p.m.
Instructor	Michelle Holdforth yogasouls101@gmail.com

CHEMUNG/ENNISMORE

Class	Pole Walking 
Description	Pole Walking turns your walk into a whole-body activity that uses your lower body, as well as upper body muscles - arms, back, shoulders and neck. Bring your own poles or borrow a pair of sanitized poles. Learn good stretches and proper poling techniques. Level of Difficulty ++ to ++++ (You choose the level)
Location	Ennismore Heritage Trails (981 Ennis Rd)
Day & Time	Tuesday: 2:00 – 3:00 p.m.
Instructor	Michelle Holdforth yogasouls101@gmail.com

LAKEFIELD


Class	Pole Walking 
Description	Pole Walking turns your walk into a whole-body activity that uses your lower body, as well as upper body muscles - arms, back, shoulders and neck. Bring your own poles or borrow a pair of sanitized poles. Learn good stretches and proper poling techniques. Level of Difficulty ++ to ++++ (You choose the level)
Location	Speed Skating Oval Trails
Day & Time	Wednesday: 10:00 – 11:00 a.m.
Instructor	Michelle Holdforth yogasouls101@gmail.com


PANDEMIC RESTRICTIONS


We are unable to offer in-person classes in community centres at this time because of the pandemic restrictions. We will let you know when we are able to offer these again.



SECTION C: Yoga On-Line (Zoom)


Class	Chair Yoga with Laura 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday, Wednesday and Friday: 10:00 a.m. – 11:00 a.m.	
Instructor	Laura Dunford	sweetwellnessandyoga@gmail.com
Zoom Link	https://us02web.zoom.us/j/88466225786?pwd=NU9Mc3FqaytBaUNGUlpGMTcwaHFiUT09	


Class	Chair Yoga with Mark 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday and Wednesday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Monday Meeting ID: 125 762 897	Monday Password: breathin
	Wednesday Meeting ID: 129 942 015	Wednesday Password: mindful

Class	Mat Yoga with Mark 	
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
Day & Time	Tuesday and Thursday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Tuesday Meeting ID: 512 056 214	Tuesday Password: breathout
	Thursday Meeting ID: 145 332 468	Thursday Password: namaste



SECTION D: Health & Wellness Classes Offered On-Line (Zoom)

Class	Mindful Moves Mondays 	
Description	Practice breathing techniques and gentle moves to help reduce stress, build resiliency and improve focus. Level of Difficulty: *	
Day & Time	Monday: 1:00 – 1:30 p.m.	
Instructor	Sheila Cook	scook@commcareptbo.com
Zoom Link	https://us02web.zoom.us/j/85312884920?pwd=VHFncW9SU0pycENNQTRSS0lxV0h1dz09	

Class	Wellness Wednesdays 	
Description	A surprise topic and activity each week to boost your overall sense of well-being. Lift your spirits during the winter months. You'll need a notebook/paper and pencil/pen. Level of Difficulty: *	
Day & Time	Wednesdays: 1:00 – 1:30 p.m.	
Instructor	Sheila Cook & Special Guests	scook@commcareptbo.com
Link	https://us02web.zoom.us/j/87949288486?pwd=VWVWUmUxS1p0QXVQSzk4blpZQVZlQT09	