

Exercise & Wellness Class Calendar

Starts May 3, 2021

- See more details in the Exercise and Wellness Catalogue.
 - 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).
 - The instructors will join the class 10 minutes before the start time.
- Sheila Cook, Coordinator: scook@commcareptbo.org

MONDAY (no classes on May 24)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. Body & Brain Fitness – Sue ID: 889 5539 9531 PASSWORD: Brain	9:00 – 9:45 a.m. Fun Fusion – Sue ID: 875 5449 2935 PASSWORD: Fusion	9:00 – 9:45 a.m. Body & Brain Fitness – Sue ID: 889 5539 9531 PASSWORD: Brain	9:00 – 9:45 a.m. Fun Fusion – Sue ID: 875 5449 2935 PASSWORD: Fusion	9:00 – 9:45 a.m. Body & Brain Fitness – Sue ID: 889 5539 9531 PASSWORD: Brain
10:00 – 10:45 a.m. Gentle Stretch & Strengthen – Sue ID: 852 6713 0918 PASSWORD: Gentle	10:00 – 10:45 a.m. Morning Energizer– Michelle ID: 885 9782 2244 PASSWORD: Energy	10:00 – 10:45 a.m. Morning Energizer – Sheila ID: 885 9782 2244 PASSWORD: Energy	10:00 – 10:45 a.m. Morning Energizer – Sheila ID: 885 9782 2244 PASSWORD: Energy	10:00 – 10:45 a.m. Gentle Stretch & Strengthen – Sue ID: 852 6713 0918 PASSWORD: Gentle
10:00 – 10:45 a.m. Chair Yoga – Mark ID: 125 762 897 PASSWORD: breathin	10:00 – 10:45 a.m. Mat Yoga - Mark ID: 512 056 214 PASSWORD: breathout	10:00 – 10:45 a.m. Chair Yoga – Mark ID: 129 942 015 PASSWORD: mindful	10:00 – 10:45 a.m. Mat Yoga – Mark ID: 145 332 468 PASSWORD: namaste	
10:00 – 11:00 a.m. Chair Yoga – Laura ID: 884 6622 5786 PASSWORD: 733853		10:00 – 11:00 a.m. Chair Yoga – Laura ID: 884 6622 5786 PASSWORD: 733853		10:00 – 11:00 a.m. Chair Yoga – Laura ID: 884 6622 5786 PASSWORD: 733853
11:00 – 11:45 a.m. Adv. Cardio & Weights – Sheila ID: 353 640 081 PASSWORD: 267589	11:00 – 11:45 a.m. Adv. Cardio & Weights – Michelle ID: 353 640 081 PASSWORD: 267589	11:00 – 11:45 a.m. Adv. Cardio & Weights – Sheila ID: 353 640 081 PASSWORD: 267589	11:00 – 11:45 a.m. Adv. Cardio & Weights – Michelle ID: 353 640 081 PASSWORD: 267589	11:00 – 11:45 a.m. Zumba Dance – Amarilis USER ID: 845 7114 9797 PASSWORD: Dance
1:00 – 1:45 p.m. Mindful Moves Mondays - Sheila ID: 853 1288 4920 PASSWORD: Move		1:00 – 1:45 p.m. Wellness Wednesdays – Sheila ID: 879 4928 8486 PASSWORD: Wellness		
	2:30 – 3:15 p.m. Tea & Inspirational Chats – Karin ID: 830 1695 6782 PASSWORD: Chat	2:00 – 2:45 p.m. Mat and Band – Michelle ID: 875 6689 2019 PASSWORD: Band	2:30 – 3:15 p.m. Tea & Inspirational Chats – Karin ID: 830 1695 6782 PASSWORD: Chat	
3:30 – 4:00 p.m. Afternoon Energizer – Michelle ID: 827 9842 0166 PASSWORD: Energy	3:30 – 4:00 p.m. Afternoon Energizer – Jodie ID: 827 9842 0166 PASSWORD: Energy	3:30 – 4:00 p.m. Afternoon Energizer – Michelle ID: 827 9842 0166 PASSWORD: Energy	3:30 – 4:00 p.m. Afternoon Pound – Jodie ID: 827 9842 0166 PASSWORD: Energy	3:30 – 4:00 p.m. Afternoon Energizer – Michelle ID: 827 9842 0166 PASSWORD: Energy
7:00 – 8:00 p.m. Yoga – Mark ID: 846 8321 4437 PASSWORD: flexible		7:00 – 8:00 p.m. Yoga – Mark ID: 798 6541 2602 PASSWORD: smiles		