

# June 2024



Community Care  
NORTHUMBERLAND

May '24							July '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

## ZOOM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:00 Flex & Balance 1:00 Floor Yoga	4 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	5	6 10:30 Chair Yoga 1:00 Stretch & Strengthen	7 11:00 Aerobics	8
9	10 10:00 Flex & Balance 1:00 Floor Yoga	11 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	12	13 10:30 Chair Yoga 1:00 Stretch & Strengthen	14 11:00 Aerobics	15
16	17 10:00 Flex & Balance 1:00 Floor Yoga	18 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	19	20 10:30 Chair Yoga 1:00 Stretch & Strengthen	21 11:00 Aerobics	22
23	24 10:00 Flex & Balance 1:00 Floor Yoga	25 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	26	27 10:30 Chair Yoga 1:00 Stretch & Strengthen	28 11:00 Aerobics	29
30	1	Notes  Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email <a href="mailto:wellness@commcare.ca">wellness@commcare.ca</a> .				