

September 2025

ZOOM SCHEDULE



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

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

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