

January 2026

ZOOM SCHEDULE



CommunityCare
NORTHUMBERLAND

December '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			

February '26

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

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