

March 2026



CommunityCare
NORTHUMBERLAND

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

April '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	29	30	

ZOOM SCHEDULE

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