

November 2025

BRIGHTON SCHEDULE



October '25							December '25						
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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 9:30 Floor Yoga - O 10:45 Pilates - O 6:00 Walking - E	4 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O 6:00 Walking - E	5 9:30 Handmade Coasters - O 2:00 Chair Yoga - O 6:00 Walking - E	6 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking - E	7 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Whale Tail - O	8
9	10 9:30 Floor Yoga - O 10:45 Pilates - O 6:00 Walking - E	11 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O 6:00 Walking - E	12 9:30 Christmas Card Class - O 2:00 Chair Yoga - O 6:00 Walking - E	13 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking - E	14 9:30 Chair Yoga - O 10:00 SCWW Trivia	15
16	17 9:30 Floor Yoga - O 10:45 Pilates - O 6:00 Walking - E	18 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O 6:00 Walking - E	19 2:00 Chair Yoga - O 6:00 Walking - E	20 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking - E	21 9:30 Chair Yoga - O 10:00 SCWW Trivia	22
23	24 9:30 Floor Yoga - O 10:45 Pilates - O 1:30 The Buzz - O 6:00 Walking - E	25 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O 6:00 Walking - E	26 9:30 Fall Breeze - O 2:00 Chair Yoga - O 6:00 Walking - E	27 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking - E	28 9:30 Chair Yoga - O 10:00 SCWW Trivia	29
30	1	Notes Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca . Local Legend - ENSS (E) Brighton YMCA (Y) Community Care Office (O) Codrington Community Centre (CC) Castleton Town Hall (CS)				