



zoom SCHEDULE!



“Having access to this fitness program on ZOOM is so convenient. Lori’s program changes everytime, so it is both a physical and mental workout. So appreciated!”



ZOOM Abs, Glutes, Legs or

In-Person at New Start Fitness

A total body workout where you will learn new exercises to help sculpt your body.
All fitness levels!

Tuesday at 10 am

ZOOM Floor Yoga

Restful practice all about slowing down & opening your body through passive stretching.

Monday at 1 pm



ZOOM Dance Aerobics or

In-Person at New Start Fitness

Low impact aerobics to the beat of music!
Fantastic for your heart and to reduce stress!
Great for beginners and those over 50!

Friday at 11 am

ZOOM Stretch & Strengthen

Includes a series of stretches to help with flexibility, range of motion, balance & posture.

Tuesday & Thursday at 1 pm

Join Us!



1-866-514-5774



wellness@commcare.ca



www.commcare.ca

ZOOM Flex & Balance or

In-Person at New Start Fitness

Helps improve your balance, flexibility and mobility.

Monday at 10 am

ZOOM Chair Yoga

A gentle form of yoga that's done while seated or using a chair for balance.

Tuesday at 8:30 am & Thursday at 10:30 am



CommunityCare
NORTHUMBERLAND