

July 2024



Community Care
NORTHUMBERLAND

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

ZOOM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 CCN CLOSED CANADA 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 1:00 Floor Yoga	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 1:00 Floor Yoga	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 1:00 Floor Yoga	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 1:00 Floor Yoga	30 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	31	1	2	3
4	5	Notes Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca .				