

November 2024

ZOOM SCHEDULE



October '24						
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		

December '24						
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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 11:00 Aerobics	2
3	4 10:00 Flex & Balance 1:00 Floor Yoga	5 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	6	7 10:30 Chair Yoga 1:00 Stretch & Strengthen	8 11:00 Aerobics	9
10	11 10:00 Flex & Balance 1:00 Floor Yoga	12 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	13	14 10:30 Chair Yoga 1:00 Stretch & Strengthen	15 11:00 Aerobics	16
17	18 10:00 Flex & Balance 1:00 Floor Yoga	19 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	20	21 10:30 Chair Yoga 1:00 Stretch & Strengthen	22 11:00 Aerobics	23
24	25 10:00 Flex & Balance 1:00 Floor Yoga	26 8:30 Chair Yoga 10:00 Abs, Glutes, Legs 1:00 Stretch & Strengthen	27	28 10:30 Chair Yoga 1:00 Stretch & Strengthen	29 11:00 Aerobics	30
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 .				