

October 2024

ZOOM SCHEDULE



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

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