

December 2024

ZOOM SCHEDULE



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

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