

# January 2025

## ZOOM SCHEDULE



CommunityCare  
NORTHUMBERLAND

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				

February '25						
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	

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