

February 2025



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

ZOOM SCHEDULE

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