

March 2025

BRIGHTON SCHEDULE



CommunityCare
NORTHUMBERLAND

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	

April '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	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3 2:00 Zumba Gold - O 6:00 Walking Club - E	4 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 6:00 Walking Club - E	5 2:00 Chair Yoga - O 6:00 Walking Club - E	6 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	7 9:30 Chair Yoga - O 10:00 SCWW Trivia	8
9	10 2:00 Zumba Gold - O	11 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O	12 2:00 Chair Yoga - O	13 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y	14 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Cloud Landscape Pour - O	15
16	17 2:00 Zumba Gold - O 6:00 Walking Club - E	18 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 6:00 Walking Club - E	19 2:00 Chair Yoga - O 6:00 Walking Club - E	20 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	21 9:30 Chair Yoga - O 10:00 SCWW Trivia	22
23	24 2:00 Zumba Gold - O 6:00 Walking Club - E	25 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 6:00 Walking Club - E	26 2:00 Chair Yoga - O 6:00 Walking Club - E	27 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	28 9:30 Chair Yoga - O 10:00 SCWW Trivia	29
30	31 1:30 The Buzz - O 6:00 Walking Club - E	Notes	<p>Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca. Local Legend - ENSS (E) Brighton YMCA (Y) Community Care Office (O) Castleton Town Hall (CS) Codrington Community Centre (CC)</p>			