

March 2025



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			

ZOOM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	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 10:00 Flex & Balance	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	29
30	31 10:00 Flex & Balance	Notes Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca .				