

GATHER • COLLABORATE • CONNECT



DOWNLOAD ZOOM
MEETING CODE:
471 452 910
PW: 214483

Click [HERE](#) to join the class

FREE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0700 - 0745	Cardio Strength Burst* Lilliette	Core Lilliette			Yoga Lilliette	
0800 - 0845	HIIT* Cheri		Total Body Circuit* Cheri	Yoga Angelika		
0915 - 1000		Stability Ball Nikola	Tabata Tina	Zumba (60 mins) Soraya	Strength & Muscle w/ Dumbbells Nikola	
1000 - 1045	Chair Yoga (60 mins) Clare		Chair Yoga (60 mins) Clare	Total Body Circuit* Jennifer	Chair Yoga (60 mins) Clare	HIIT* Cheri
1045 - 1130					Get Off Sugar! Weekly Strategies Nikola	
1215 - 1300		Core (1215 - 1245) Linda		Total Body Circuit* (1215 - 1245) Linda		
1300 - 1400		Yoga Glenn		Strength & Muscle w/ Dumbbells Riley		
1800 - 1845	Zumba (60 mins) Soraya	Cardio Kick* Bronwen	Total Body Circuit* Cheri & Bianca	Cardio Strength Burst* Cheri		
1845 - 1915		Emotional Intelligence & Meditation Kathy	Wellness Wednesdays: Seminars for Self Care Jenn K.	Restorative Yoga Tiffany		


Self-Care Seminars Begin 15 April

15 Apr – Immune Health
22 Apr – What is Tree Bathing? (Earth Day)
29 Apr – Restorative Sleep
Jenn K. is a Registered Nurse

Teaching from our community to yours...

Teacher/Instructor	Community
Angelika Tishler	Mono
Bronwen Kowalewicz	Innisfil
Cheri Temple	Bolton
Clare Gorman	Bolton
Glenn Burke	Bolton
Jennifer Scott	Barrie
Jennifer Krughkov	St. Catharines
Kathy Bazinet	Waterloo
Lilliette Davidson	Barrie
Linda Boyle-Stewart	Barrie
Nikola Boadway	Palgrave
Soraya Lunardo	Caledon
Tiffany Smith	Innisfil
Tina Haller	Palgrave

Founder: Lee-Anne Simpson (Caledon East)

*Weights Optional  Wellness/Self-Care

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