

Community Care Access is offering free Zoom classes for anyone and everyone.

We have introduced several new virtual exercise programs to help you remain active from the safety and comfort of your home. Check out our virtual exercise class schedule below, and scroll down further for more information about each class. All classes are free and offered via Zoom.



VIRTUAL EXERCISE CLASS SCHEDULE

MONDAY	Flex & Balance 10:00 a.m. Floor Yoga 1:00 p.m.
TUESDAY	Chair Yoga 9:00 a.m. Stretch & Strengthen 1:00 p.m.
WEDNESDAY	Dance Class 10:00 a.m. Light Kettlebell Class 2:30 p.m.
THURSDAY	Chair Yoga 10:30 a.m. Stretch & Strengthen 1:00 p.m.
FRIDAY	PiYo 9:00 a.m.

Call 705-653-1411 to register for any of these **FREE** programs.

Virtual Flex and Balance Class

Mondays at 10:00 a.m. (beginning November 2nd)

Stay active at home with Community Care Northumberland's weekly virtual flex and balance class! This class will help you improve your stretching ability, flexibility and strength.

Virtual Floor Yoga

Mondays at 1:00 p.m. (beginning November 2nd)

Tune in to our weekly virtual floor yoga class. This gentle, guided class will help you improve your flexibility and balance as well as strengthen and tone your muscles.

Virtual Chair Yoga

Tuesdays at 9:00 a.m. and Thursdays at 10:30 a.m. (began October 1st)

Stay active at home with Community Care Northumberland's virtual chair yoga class! Join in via Zoom to a gentle chair yoga session that will help you improve and maintain your strength and flexibility.

Virtual Stretch and Strengthen

Tuesdays and Thursdays at 1:00 p.m. (beginning November 3rd)

Offered twice a week, this stretch and strengthen class will include bodyweight movements and exercises designed to improve flexibility and strengthen muscles.

Virtual Dance Class

Wednesdays at 10:00 a.m. (began October 7th)

Tune in to this weekly dance class that consists of Country, Cha Cha and Zumba dancing. The class begins and ends with stretching.

Virtual Kettlebell Class

Wednesdays at 2:30 p.m. (beginning November 4th)

This virtual light kettlebell class will allow you to improve your cardiovascular health, circulation, grip strength and balance. Don't have a kettlebell? The instructor will inform you where you can purchase one or suggest household items that may be used instead.

Virtual PiYo Class

Fridays at 9:00 a.m. (beginning November 6th)

This class is a combination of Yoga and Pilates and targets your core with low-impact exercise and moves that enhance your flexibility.

To register for one or more of these FREE virtual classes, call 705-653-1411.