



# VIRTUAL FITNESS



## JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12 <b>55+ Chair Yoga</b> 9 to 10 a.m. 55+ yrs Code: 8691	13 <b>Yoga Flow</b> 7 to 8 p.m. 16+ yrs Code: 8694	14
17 <b>Yoga Flow</b> 7:30 to 8:30 p.m. 16+ yrs Code: 8701	18 <b>Yin Yoga</b> 12 to 1 p.m. 16+ yrs Code: 8689  <b>Family Yoga</b> 7 to 8 p.m. 6+ yrs Code: 8703	19 <b>55+ Chair Yoga</b> 9 to 10 a.m. 55+ yrs Code: 8692  <b>Power Hour</b> 12 to 1 p.m. 16+ yrs Code: 8705  <b>Kickboxing</b> 7:30 to 8:30 p.m. 16+ yrs Code: 8699	20 <b>Strong Bones</b> 8:30 to 9:30 a.m. 16+ yrs Code: 8697  <b>Yoga Flow</b> 7 to 8 p.m. 16+ yrs Code: 8695	21 <b>Power Hour</b> 12 to 1 p.m. 16+ yrs Code: 8706
24 <b>Yoga Flow</b> 7:30 to 8:30 p.m. 16+ yrs Code: 8702	25 <b>Yin Yoga</b> 12 to 1 p.m. 16+ yrs Code: 8690  <b>Family Yoga</b> 7 to 8 p.m. 6+ yrs Code: 8704	26 <b>55+ Chair Yoga</b> 9 to 10 a.m. 55+ yrs Code: 8693  <b>Power Hour</b> 12 to 1 p.m. 16+ yrs Code: 8707  <b>Power Pilates</b> 7:30 to 8:30 p.m. 16+ yrs Code: 8700	27 <b>Strong Bones</b> 8:30 to 9:30 a.m. 16+ yrs Code: 8698  <b>Yoga Flow</b> 7 to 8 p.m. 16+ yrs Code: 8696	28 <b>Power Hour</b> 12 to 1 p.m. 16+ yrs Code: 8708

Register for programs online through [iReg](https://ireg.eastwillimbury.ca) or by emailing [leisure1@eastwillimbury.ca](mailto:leisure1@eastwillimbury.ca)

Registrations will be accepted up to 24 hours prior to the start of each program.

Programs will run using Zoom. A link to each program will be sent out to registered participants 24 hours prior to the start of each program.