

Exercise Classes - Fall Programming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Carleton Place:</p> <p>10-11am Chair yoga Raquel @ St. James Church</p> <p>1-2pm Upbeat Cardio Azura @ CP Arena</p>		<p>Pakenham:</p> <p>10-11am Raquel Strength and Balance @ Upper room</p> <p>3:30-4:30pm Raquel Chair Yoga @ upper room</p>	<p>Carleton Place:</p> <p>9-10 Upbeat Cardio Azura @ St. James Church</p>	<p>Carleton Place:</p> <p>9-10am Upbeat Cardio Azura @ CP Arena</p> <p>1-2pm Yoga Shawna @ Carambeck Community Centre</p>	
<p>Virtual:</p> <p>11am-12pm Flex and Flexibility</p>	<p>Virtual:</p> <p>10-11am Chair Yoga</p>	<p>Virtual:</p> <p>11am-12pm Pilates</p>	<p>Virtual:</p> <p>11am-12pm Flex and Flexibility</p>		
<p>Almonte:</p> <p>10-11am Yoga Shawna@ Stan Mills Lounge</p>	<p>Almonte:</p> <p>1-2pm Strength and Balance Sylvia @ Almonte Civitan</p> <p>2:30-3:30pm Strength and Balance Sylvia @ Almonte Civitan</p>	<p>Almonte:</p> <p>9:30-10:30am Chair Yoga Pat @ Stan Mills lounge</p> <p>11-12 Relaxing Mat Yoga Pat @Stan Mills lounge</p> <p>1:30-2:30pm Pilates Rosemarie @Almonte United Church</p> <p>3:15-4:15 Pilates Rosemarie @ Stan Mills Lounge</p>	<p>Almonte:</p> <p>10-11am Chair Yoga Raquel @ Stan Mills Lounge</p> <p>1-2pm Strength and Balance Sylvia @ Almonte Civitan</p> <p>2:30-3:30pm Gentle Fit Ruth @ Almonte Civitan</p>	<p>Almonte:</p> <p>10:30-11:30am Fit as a fiddle Linda @ Stan Mills lounge</p>	<p>Almonte:</p> <p>9-10am Tai Chi Jeela @ Stan Mills Lounge</p>