

September 2025



August '25							October '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

TRENT HILLS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 LABOUR DAY CCN CLOSED	2 9:00 Ferris Walking - F 10:00 Abs, Etc. - N	3	4	5 10:00 SCWW Trivia 11:00 Aerobics - N	6
7	8 10:00 Flex & Balance- N	9 9:00 Ferris Walking - F 10:00 Abs, Etc. - N	10	11	12 10:00 SCWW Trivia 11:00 Aerobics - N	13
14	15 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	16 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	17 10:15 Line Dancing - H	18	19 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	20
21	22 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	23 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP 1:00 Crepe Paper Lavendar - CO	24 9:30 Mat Pilates - CR 10:15 Line Dancing - H	25	26 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	27
28	29 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	30 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	1	2	3	4
5	6	Notes Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca . Legend: Campbellford Rotary Hall (CR) New start Fitness (N) Hastings (H) Forest Dennis entre (F) Campbellford Legion (CL) Trent Hills Library (THL) Ferris Prov. Park (F) Hastings Victoria Place (HVP) Camp. CCN Office (CO) Saint Johns United Church (SC) 27B Front St S., Camp. (BF)				