

May 2025

TRENT HILLS SCHEDULE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 10:00 Line Dancing - F	2 10:00 SCWW Trivia 11:00 Aerobics - N	3
4	5 10:00 Flex & Balance- N 10:00 Floor Yoga - CR	6 9:00 Ferris Walking - S 10:00 Easy Moves - CR 10:00 Abs, Etc. - N 10:30 Chair Yoga - THL 2:30 SCWW Fun Facts	7 9:30 Mat Pilates - CR 10:15 Line Dancing - H	8 10:00 Line Dancing - F	9 10:00 SCWW Trivia 11:00 Aerobics - N	10
11	12 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo	13 9:00 Ferris Walking - S 10:00 Easy Moves - CR 10:00 Abs, Etc. - N 10:30 Chair Yoga - THL 2:30 SCWW Fun Facts	14 9:30 Mat Pilates - CR 10:15 Line Dancing - H	15 10:00 Line Dancing - F	16 10:00 SCWW Trivia 11:00 Aerobics - N	17
18	19 VICTORIA DAY CCN CLOSED	20 9:00 Ferris Walking - S 10:00 Easy Moves - CR 10:00 Abs, Etc. - N 10:30 Chair Yoga - THL 2:30 SCWW Fun Facts	21 10:15 Line Dancing - H 1:00 Floral Arrangement - CR	22 10:00 Line Dancing - F	23 10:00 SCWW Trivia 11:00 Aerobics - N	24
25	26 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo	27 9:00 Ferris Walking - S 10:00 Easy Moves - CR 10:00 Abs, Etc. - N 10:30 Chair Yoga - THL 2:30 SCWW Fun Facts	28 9:30 Mat Pilates - CR	29	30 10:00 SCWW Trivia 11:00 Aerobics - N	31
1	2	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) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. CCN Office (CO) Saint Johns United Church (SC)				