

February 2026

TRENT HILLS SCHEDULE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Flex & Balance- N 10:00 Floor Yoga - M	3	4 9:00 Mat Pilates - CR	5	6 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	7
8	9 10:00 Flex & Balance- N 10:00 Floor Yoga - M 10:00 Heart Pendant Pour - CR	10 10:00 Abs, Etc. - N 10:15 Chair Yoga - CL	11 9:00 Mat Pilates - CR	12	13 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	14
15	16 FAMILY DAY CCN CLOSED	17 10:00 Abs, Etc. - N 10:15 Chair Yoga - CL	18	19	20 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	21
22	23 10:00 Flex & Balance- N 10:00 Floor Yoga - M	24 10:00 Abs, Etc. - N 10:15 Chair Yoga - CL	25 9:00 Mat Pilates - CR	26 1:00 Mountain View - W	27 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	28
1	2	3	4	5	6	7
8	9	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 Centre (F) Camp. Legion (CLL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. Library (CL) St Andrew's Prebyterian Church Warkworth (W) 21 Ranney St. N. Camp. (P) CCN Office (CO) Saint Johns United Church (SC) Camp. Lawn Bowling Club (L) Trent Hills Martial Arts 27B Front St. S. (M)				