



## Chair Yoga

Victoria Place, Hastings

A modified form of yoga, offering a variety of benefits, including improved flexibility, enhanced strength, and better posture.

Tuesdays at 10:30-11:30 am  
Starting January 13 - March 24  
(No class for a week in February)  
10 weeks | \$60

## Chair Yoga

Campbellford Library

A modified form of yoga, offering a variety of benefits, including improved flexibility, enhanced strength, and better posture.

Fridays at 10:15-11:15 am  
Starting January 16 - March 20  
10 weeks | \$60

# Trent Hills Exercise Class Schedule Winter 2026



CommunityCare  
NORTHUMBERLAND

## Mat Pilates

Campbellford Rotary Hall

A dynamic and effective workout that strengthens and tones the body using controlled movements and focused breathing.

Wednesdays at 9-10 am  
Starting February 4 - March 25  
(Please bring indoor shoes. No class Feb 18 & Mar 18)  
6 weeks | \$36

## Important Update:

*All workshops and exercise classes will require prepayment at the time of registration. Payments can be made by cash, cheque, or credit card, and will be processed one week before the session start. After this time, payments are non-refundable. If a session is cancelled, all payments will be returned. Thank you for your understanding and continued support. For any questions, please contact the Wellness Team.*

## Join us!



1-866-514-5774



wellness@commcare.ca



www.commcare.ca



## Line Dancing

Campbellford Forrest Dennis Centre

Step into fun with this beginner friendly line dancing program. It's a great way to stay active, improve coordination, and enjoy upbeat music in a welcoming environment! No partner or experience needed - just comfortable shoes and a smile!

Thursdays at 10:00-11:30 am  
Starting January 15 - March 19  
10 weeks | \$60

## Floor Yoga

Trent Hills Martial Arts,  
27B Front St S., Campbellford

Yoga poses and stretches on the floor, providing a rounded and stable foundation for enhancing flexibility, enhanced strength, & better posture.

Mondays @ 10-11 am  
Starting January 12 - March 23  
(Please bring indoor shoes. No class Feb 16)  
10 weeks | \$60