

Community Care

Northumberland

Free Exercise Classes for Seniors in Northumberland County



We have organized free exercise classes for seniors throughout Northumberland County. Our classes are designed to work on strength and balance for seniors. They are not intimidating and participants are encouraged to go at their own speed. Led by trained health care professionals selected by us, you will be asked to complete a screening questionnaire to help ensure your safety.

Please find below scheduled dates and times as of June 19, 2017. Please call your local contact to ensure dates have not changed.

Community	Location	Dates	Time	Contact	Class # and Notes
Bewdley	Bewdley Community Centre	Mondays, Thursdays	1:00 pm – 2:00 pm	Sheri (905)372-7356	EC1
Campbellford (Chair Yoga)	Multicare Lodge	Tuesdays, Thursdays	11:00 am - 11:45 am	Linda R. (705)653-1411	EC3
Campbellford	Island Park Lodge	Mondays Wednesdays, Fridays	1:00 pm – 1:30 pm and 1:45 pm – 2:15 pm 9:00 am - 9:45 am and 9:45 am - 10:15 am	Linda R. (705)653-1411	EC4a/b/c/d
Campbellford	New Start Fitness	Tuesdays, Fridays	10:30 am – 11:15 am	Linda R. (705)653-1411	EC6
Cobourg	St. Peter's Church	Tuesdays Fridays	2:15 pm – 3:00 pm 10:45 am – 11:30 am	Sheri (905)372-7356	EC13a/b Registrations can also be taken by the Northumberland Family Health Team – (289) 252-2139.
Colborne	Keeler Centre	Tuesdays, Thursdays	9:00 am – 10:00 am	Brenda (905)355-2989	EC14
Hastings (Chair Yoga)	Hastings Seniors Apartments	Tuesdays, Thursdays	9:00 am – 9:45 am	Sarah (705)696-3891	EC15
Port Hope	Community	Wednesdays,	9:00 am-9:45 am	Patricia	EC19

	Health Centre	Mondays		(905)885-9860	
Port Hope	Anytime Fitness	Mondays, Thursdays	11:15 am-12:00 pm	Patricia (905)885-9860	EC20
Warkworth	Mill Creek Manor	Tuesdays Thursdays	3:30pm-4:30pm	Linda R (705) 653-1411	EC22 - Combo Exercise & Falls Prevention. Also see FP21

Program Funded by:



Background [Information](#) About This Funding.



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