



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 April 14 - June 16
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 April 17 - June 19
10 weeks | \$60

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 April 22 - June 24
(No class May 20)
7 weeks | \$42

Trent Hills Exercise Class Schedule Spring 2026



CommunityCare
NORTHUMBERLAND



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 April 13 - June 22
(No class May 18)
10 weeks | \$60

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

Campbellford 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 10-11 am
Starting April 9 - June 11
10 weeks | \$60

Hastings Line Dancing

Hastings Library

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!

Tuesdays at 10:30-11:30 am
Starting April 14 - June 16
10 weeks | \$60



Trent Hills Exercise Class Schedule Spring 2026



Easy Moves Campbellford Rotary Hall

Feel the rhythm with Easy Moves! A dynamic fitness session combining Pilates inspired exercises with upbeat Latin music.

Tuesdays at 10-11 am
Starting April 14 - June 16
10 weeks | \$60

Ferris Walking Group Ferris Provincial Park

Lace up your hiking boots and join the Friends of Ferris Park for a guided walk through nature! Meet us at the East end Suspension Bridge entrance to register and kick off your adventure!

Tuesdays at 9 am Starting May 5
Free to join! Hiking footwear recommended.

Aquafit Sunny Life Recreation & Wellness Centre

Low-impact, high-energy workout to strengthen muscles and boost cardiovascular health.

Wednesdays at 1:15-2 pm
Starting April 8 - May 6
5 weeks | \$40

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