

March 2026



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

TRENT HILLS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Flex & Balance- N 10:00 Floor Yoga - M	3 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	4 9:00 Mat Pilates - CR	5	6 10:00 SCWW Trivia 10:15 Chair Yoga - CL 11:00 Aerobics - N	7
8	9 10:00 Flex & Balance- N 10:00 Floor Yoga - M	10 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	11 9:00 Mat Pilates - CR 2:00 Men's Social Group - IP	12	13 10:00 SCWW Trivia 10:15 Chair Yoga - CL 11:00 Aerobics - N	14
15	16 10:00 Flex & Balance- N 10:00 Floor Yoga - M	17 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	18	19	20 10:00 SCWW Trivia 10:15 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	25 9:00 Mat Pilates - CR	26 10:30 Highland Cow - CR	27 10:00 SCWW Trivia 11:00 Aerobics - N	28
29	30 10:00 Flex & Balance- N	31 10:00 Abs, Etc. - N	1	2	3	4
5	6	<p>Notes</p> <p>Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca.</p> <p>Legend: Campbellford Rotary Hall (CR) New start Fitness (N) Hastings (H) Camp. Legion (CLL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. Library (CL) St Andrew's Prebyteran 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) Forest Dennis Centre (F) Island Park Retirement (IP)</p>				