

November 2025

TRENT HILLS SCHEDULE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	4 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	5 9:30 Mat Pilates - CR	6 10:00 Line Dancing - F	7 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	8
9	10 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	11 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	12 9:30 Mat Pilates - CR	13 10:00 Christmas Card - CR 10:00 Line Dancing - F	14 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	15
16	17 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	18 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	19	20 10:00 Line Dancing - F	21 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	22
23	24 10:00 Flex & Balance- N 10:00 Floor Yoga - BF	25 9:00 Ferris Walking - F 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	26 9:30 Mat Pilates - CR	27 10:00 Line Dancing - F 12:30 Fall Breeze - CR	28 10:00 SCWW Trivia 11:00 Aerobics - N	29
30	1	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 entre (F) Campbellford Library (CL) Trent Hills Library (THL) Ferris Prov. Park (F) Hastings Victoria Place (HVP) Camp. CCN Office (CO) Saint Johns United Church (SC) 27B Front St S., Camp. (BF)				