



TRENT HILLS EXERCISE CLASS SCHEDULE

“Exercise classes: where
aging gracefully meets the
rhythm of vitality!”



Chair Yoga Hastings Victoria Place

Accessible to people of all ages and fitness levels,
particularly those with mobility issues or who
may find traditional yoga challenging.

Tuesdays at 10 am Starting March 19th
7 weeks | \$35

Easy Moves to the Latin Beat Campbellford Rotary Hall

From salsa to merengue, our expert instructors
will teach you dynamic moves and rhythms in a
fun and welcoming environment.

Tuesdays at 10 am Starting April 9th
8 weeks | \$40

Floor Yoga Campbellford Rotary Hall

Yoga poses and stretches on the floor, providing a
grounded and stable foundation for enhancing
flexibility, strength, and relaxation.

Mondays at 10 am Starting April 8th
8 weeks | \$40 | Bring your own Mat

Friends of Ferris Walking Club



Suspension Bridge Entrance

Walking in beautiful outdoor setting,
offering numerous benefits for physical, mental,
and social well-being.

Tuesdays 9 am Sharp | May 7th - December 2024
*Wear Appropriate Clothing

Chair Yoga Campbellford Legion

A tailored yoga practice, delivering a range of
advantages such as increased flexibility,
heightened strength, and improved posture.

Mondays 1:30 pm Starting March 4th
12 weeks | \$60.00
(no class April 1 or May 20)

Join Us!



1-866-514-5774



wellness@commcare.ca



www.commcare.ca



CommunityCare
NORTHUMBERLAND

Chair Yoga Trent Hills Library

A modified form of yoga, offering a variety of
benefits, including: Improved Flexibility,
Enhanced Strength & Better Posture.

Fridays at 10 am Starting April 5th
8 weeks | \$40.00 | Bring Yoga Strap

Line Dancing 'Dance in a Row with Joe' Hastings & Campbellford

Dance the stress away at the Hastings Civic Centre
on Wednesdays and the Forrest Dennis Seniors
Centre in Campbellford on Thursdays.

Wednesdays at 10-11:30 am Starting March 6th
Thursdays 10-11:30 am Starting March 7th
12 weeks | \$60.00

Mat Pilates Campbellford Rotary Hall

Dynamic and effective workout that strengthens
and tones your body using controlled
movements and focused breathing.

Wednesdays at 9:30 am Starting April 24th
(no class 3rd Wednesday of May & June)
8 weeks | \$40 | Bring your own thick Mat