

September 2024



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

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

TRENT HILLS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOUR DAY CCN CLOSED	3 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	4	5	6 10:00 SCWW Trivia 11:00 Aerobics - N	7
8	9 10:00 Flex & Balance- N 10:30 SCWW Bingo	10 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	11	12	13 10:00 SCWW Trivia 11:00 Aerobics - N	14
15	16 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:00 Workshop - CR 1:30 Chair Yoga - CL	17 9:00 Walking Club - S 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 2:30 SCWW Fun Facts	18	19	20 10:00 SCWW Trivia 11:00 Aerobics - N	21
22	23 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo 1:30 Chair Yoga - CL	24 9:00 Walking Club - S 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - VHP 2:30 SCWW Fun Facts	25 9:30 Mat Pilates - CR	26	27 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	28
29	30 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:30 Chair Yoga - CL	1	2	3	4	5
6	7	<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) Forest Dennis entre (F) Campbellford Legion (CL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. CCN Office (CO)</p>				