

November 2024

TRENT HILLS SCHEDULE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	2
3	4 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:30 Chair Yoga - CL	5 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	6 9:30 Mat Pilates - CR 10:00 Line Danicng - H	7 10:00 Line Dancing - F	8 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	9
10	11 10:00 Flex & Balance- N 10:30 SCWW Bingo	12 9:00 Walking Club - S 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - VHP 2:30 SCWW Fun Facts	13 9:30 Mat Pilates - CR 10:00 Line Danicng - H	14 10:00 Line Dancing - F	15 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	16
17	18 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:00 Workshop - CR 1:30 Chair Yoga - CL	19 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	20 10:00 Line Danicng - H	21 10:00 Line Dancing - F	22 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	23
24	25 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo 1:30 Chair Yoga - CL	26 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	27 9:30 Mat Pilates - CR 10:00 Line Danicng - H	28 10:00 Line Dancing - F 1:00 Xmas Card - CR 1:30 Book Club - CO	29 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	30
1	2	<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>				