

February 2025

TRENT HILLS SCHEDULE



January '25							March '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31	23	24	25	26	27	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 - CR	4 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	5	6 1:00 Valentines Card Making Workshop - CF	7 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	8
9	10 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo	11 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	12	13	14 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	15
16	17 FAMILY DAY CCN CLOSED	18 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	19	20	21 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	22
23	24 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo 1:00 String Art - CR	25 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	26	27 1:00 Book Club - CO	28 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	1
2	3	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 Centre (F) Campbellford Legion (CL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. CCN Office (CO) Saint Johns United Church (SC) Campbellford Community Resource Centre (CF)				