

# March 2025



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

## TRENT HILLS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	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	5 9:30 Mat Pilates - CR	6	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	11 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	12 9:30 Mat Pilates - CR	13	14 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	15
16	17 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:00 DIY Welcome Sign - CR	18 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - HVP	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	25 10:00 Abs, Etc. - N 10:00 Easy Moves - CR	26 9:30 Mat Pilates - CR	27 1:00 Book Club - CO	28 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	29
30	31 10:00 Flex & Balance- N	<p>Notes</p> <p>Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email <a href="mailto:wellness@commcare.ca">wellness@commcare.ca</a>.</p> <p><b>Legend:</b> 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) Saint Johns United Church (SC)</p>				