



Trent Hills Exercise Class Schedule Spring 2025



Chair Yoga Campbellford Library

A modified form of yoga, offering a variety of benefits, including improved flexibility, enhanced strength, and better posture.

Fridays at 10:30 am Starting April 11th
(no class April 18th)
10 weeks | \$50

Meditation & Mindfulness

Campbellford Rotary Hall

Join us for guided sessions designed to relax the mind, reduce stress, and promote well-being.

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

Easy Moves

Campbellford Rotary Hall

Feel the rhythm with Easy Moves - a dynamic fitness session combining Pilates-inspired exercises with upbeat Latin music.

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

Mat Pilates

Campbellford Rotary Hall

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

Wednesdays at 9:30 am Starting April 9th
8 weeks | \$40

Line Dancing

Hastings & Campbellford

Dance the stress away at the Hastings Library on Wednesday's and the Forrest Dennis Seniors Centre in Campbellford on Thursday's. Plus, we're excited to introduce a new instructor to lead the fun!

Wednesdays at 10:15-11:30 am Starting
April 2nd - May 21st

Thursdays 10-11:30 am Starting
April 3rd - May 22nd


8 weeks | \$48


Floor Yoga Campbellford Rotary Hall

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

Mondays at 10 am Starting April 7th
(no class April 21 & May 19)
10 weeks | \$50

Join us!

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