

# September 2025



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

## TRENT HILLS SCHEDULE

| Sunday | Monday                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                             | Thursday | Friday                                                                 | Saturday |
|--------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------|------------------------------------------------------------------------|----------|
| 31     | 1<br><b>LABOUR DAY</b><br>CCN CLOSED                      | 2<br>9:00 Ferris Walking - F<br>10:00 Abs, Etc. - N                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 3                                                     | 4        | 5<br>10:00 SCWW Trivia<br>11:00 Aerobics - N                           | 6        |
| 7      | 8<br>10:00 Flex<br>& Balance- N                           | 9<br>9:00 Ferris Walking - F<br>10:00 Abs, Etc. - N                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 10                                                    | 11       | 12<br>10:00 SCWW Trivia<br>11:00 Aerobics - N                          | 13       |
| 14     | 15<br>10:00 Flex<br>& Balance- N<br>10:00 Floor Yoga - BF | 16<br>9:00 Ferris Walking - F<br>10:00 Abs, Etc. - N<br>10:00 Easy Moves - CR<br>10:30 Chair Yoga - HVP                                                                                                                                                                                                                                                                                                                                                                                                  | 17<br>10:15 Line Dancing - H                          | 18       | 19<br>10:00 SCWW Trivia<br>10:30 Chair Yoga - CL<br>11:00 Aerobics - N | 20       |
| 21     | 22<br>10:00 Flex<br>& Balance- N<br>10:00 Floor Yoga - BF | 23<br>9:00 Ferris Walking - F<br>10:00 Abs, Etc. - N<br>10:00 Easy Moves - CR<br>10:30 Chair Yoga - HVP<br>1:00 Crepe Paper<br>Lavendar - CO                                                                                                                                                                                                                                                                                                                                                             | 24<br>9:30 Mat Pilates - CR<br>10:15 Line Dancing - H | 25       | 26<br>10:00 SCWW Trivia<br>10:30 Chair Yoga - CL<br>11:00 Aerobics - N | 27       |
| 28     | 29<br>10:00 Flex<br>& Balance- N<br>10:00 Floor Yoga - BF | 30<br>9:00 Ferris Walking - F<br>10:00 Abs, Etc. - N<br>10:00 Easy Moves - CR<br>10:30 Chair Yoga - HVP                                                                                                                                                                                                                                                                                                                                                                                                  | 1                                                     | 2        | 3                                                                      | 4        |
| 5      | 6                                                         | Notes<br><br>Classes are subject to change due to instructor availability.<br>To register please call 1-866-514-5774 or email <a href="mailto:wellness@commcare.ca">wellness@commcare.ca</a> .<br><b>Legend:</b> Campbellford Rotary Hall (CR) New start Fitness (N) Hastings (H) Forest Dennis entre (F)<br>Campbellford Library (CL) Trent Hills Library (THL) Ferris Prov. Park (F) Hastings Victoria Place (HVP)<br>Camp. CCN Office (CO) Saint Johns United Church (SC) 27B Front St S., Camp. (BF) |                                                       |          |                                                                        |          |