



CommunityCare
NORTHUMBERLAND

Fall 2026 | Trent Hills Workshop Schedule

Join us!

To register call 1-866-514-5774 or email us at wellness@commcare.ca



Chair Yoga

Fridays | 10:15-11:15 am
September 11 - November 27

Campbellford Library

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

12 weeks | \$84/person



Chair Yoga

Tuesdays | 10:30-11:30 am
September 15 - December 1

Victoria Place, Hastings

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

12 weeks | \$84/person



Ferris Walking Group

Tuesdays | 9 am

Ferris Provincial Park, Campbellford

Lace up your hiking boots and join the Friends of Ferris Park for a guided walk! Meet at the East end Suspension Bridge entrance to register and kick off your adventure!

FREE TO JOIN!

Hiking footwear recommended.



Floor Yoga

Tuesdays | 10-11 am
September 15 - December 1

Campbellford Rotary Hall

Yoga poses and stretches on the floor, providing a rounded and stable foundation for enhancing flexibility, enhanced strength, & better posture

12 Weeks | \$84/person



Mat Pilates

Wednesdays | 9:30-10:30 am
September 23 - November 25
(No classes Oct. 21 & Nov. 18)

Campbellford Rotary Hall

A dynamic and effective workout that strengthens and tones the body using controlled movements and focused breathing.

8 Weeks | \$56/person

All workshops and exercise classes will require prepayment at the time of registration. Payments can be made by cash, cheque, or credit card, and will be processed one week before the session start. After this time, payments are nonrefundable. If a session is cancelled, all payments will be returned. Thank you for your understanding and continued support. For any questions, please contact the Wellness Team.