



Empowering you to live at home
in the City and County of Peterborough

Exercise & Falls Prevention (EFP)

New as of April 2025, participants in our exercise and falls prevention classes will be required to purchase a membership. Enjoy the benefits of being a member!

EFP Membership includes:

- A **variety of drop-in exercise** classes, from chair yoga to advanced cardio & weights, year-round
 - Access to **in-person classes** held throughout the City and County of Peterborough
 - Access to **LIVE, virtual classes**
- Monthly **EFP e-newsletters** with class updates, health tips, and event notices
- **Virtual wellness sessions** and **special events** throughout the year
- **Balance assessments** by appointment to track progress (coming soon!)

Membership open to residents of the City and County of Peterborough aged 55 and older.

Visit your local Community Care office to purchase a membership by debit, credit, cash or cheque.
OR to purchase your membership online by credit card or e-transfer [click HERE](#).

New to our classes?

Complete a [registration waiver HERE](#), or visit an office or see a class instructor for a paper copy

Questions? *E-mail us at efp@commcareptbo.org
**do not use this e-mail for payment*

JOIN US!

**\$30 one-year
membership
or
\$20 six-month
membership**

- **Over 60 in-person exercise classes offered per week**
- **13 virtual exercise classes currently offered per week**

If you attend ONE class/MONTH, that's only \$2.50/class

If you attend TWO classes/WEEK, that's just 30¢/class!

You're worth the investment!

Exercise and Falls Prevention (EFP) Membership – FAQ's

What types of exercise classes do you offer?

- Our classes are geared to those 55+. There's something for everyone! Try chair yoga, mat stretch & strengthen, bodies in balance, Zumba Gold, advanced cardio & weights, chair dance, line dancing, pole walking and more!

Where do you offer exercise classes?

- Across the City and County of Peterborough, at various community centres, Legions, churches, Community Care offices, and retirement homes. Classes are held in Millbrook, Douro, Lakefield, Havelock, Norwood, Apsley, Buckhorn, Ennismore and throughout the city of Peterborough.

Where do I find more details about each class and location?

- Visit the [Health & Wellness section of Community Care Peterborough's website](#) for monthly class schedules and detailed class descriptions.

Do I have to pre-register for classes/sessions?

- No. Once you join as a member, you can attend any in-person or virtual class we offer, on a drop-in basis, year-round.

Can I try a class for free?

- Yes! Try out any class, anytime.

Can I bring a friend or family member to class?

- Yes! We welcome you to bring along visitors or new recruits.

I attend class with my parent/relative/client- do I have to buy a membership?

- If you are 55+ attending yourself, yes, we ask you to join as a member and enjoy the benefits, too! If you're there as a support person to assist only, no membership required.

Why are you still collecting donations at some classes?

- Donations collected at classes often go directly to your local Community Care office and/or our site partners that generously share their space with us. Please continue to support our program with in-class donations if you can.

Are there any exempt groups that don't require membership?

- Retirement Home residents attending retirement home classes
- YMCA Members attending EFP classes only at the YMCA location
- St. John's Centre residents and members of St. John's Church attending classes at St. John's Church

Ok, I'm ready to join! What now?

- Complete a [registration waiver HERE](#) (for new participants only). Paper copies are available at all Community Care Offices and at our classes.
- Purchase an EFP Membership
 - Visit a Community Care Office in your area to pay by debit, credit, cash or cheque.
 - Pay online by credit card or e-transfer. [Click HERE to pay online.](#)

What if I, or a family member/friend, is unable to pay?

- We will work with you to work out a solution. Come talk to us at any Community Care office or e-mail us at efp@commcareptbo.org

Will I get a membership card?

- No, no physical cards will be issued. Instructors will have membership lists to take attendance at class.

I submitted my membership payment, now what?

- That's it! EFP staff will be in touch if any follow-up is needed.
- Expect to see regular e-mails from us with class schedules, updates and news.
- Drop-in to any class, anytime. See you there!