

Exercise & Falls Prevention (EFP)

As of April 2025, participants in our exercise and falls prevention classes are required* to purchase a membership. Enjoy the benefits of being a member!

EFP Membership includes:

- Access to a **variety of drop-in exercise** classes offered year-round in the City and County of Peterborough
 - 70+ classes per week to choose from
 - Live, virtual classes offered on ZOOM
- 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

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

Ready to try a class? Drop in to any class, anytime, and try a class for free. [Visit our website](#) for class schedules and fill out a short [registration waiver HERE before coming](#) to class if you can. Paper copies are also available from instructors.

Ready to join as a member? Fill in the waiver, and purchase a membership by visiting any Community Care office to pay by debit, credit, cheque or cash, or [click HERE to pay online](#) via credit card or e-transfer.

Questions? Email us at efp@commcareptbo.org

JOIN US!

**\$35 one-year
membership
or
\$25 six-month
membership**

- **Over 60 in-person exercise classes offered per week**
- **13 virtual exercise classes offered per week, live on ZOOM**

If you attend ONE class/MONTH, that's less than \$3/class

If you attend TWO classes/WEEK, that's just 34¢/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 or mat yoga, 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. 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.

Are there any additional costs once I pay my membership fee?

- Very few class locations require a small \$1 or \$2 cash donation per class to help pay for space/heat in addition to the membership fee. This varies by location and is marked on the monthly class schedule.

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?

- Yes. We are fortunate to partner and share space with other community groups, whose members can access our classes at those specific sites without joining as paying members. These exemptions include:
 - Apsley participants attending our classes at NKCC
 - McDonnel St. Centre participants attending our classes at the McDonnel St. Activity Centre
 - Retirement Home residents attending our classes at their home
 - St. John's Centre residents and members of St. John's Church attending our classes at St. John's Church
 - YMCA Members attending our classes at the YMCA

These participants are required to purchase a membership to attend classes at other sites/online.

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

- Complete a [registration waiver HERE](#). Paper copies available at any class.
- Purchase an EFP Membership. Visit a Community Care Office in your area to pay by debit, credit, cash or cheque, or [click HERE to pay online](#) by credit card or e-transfer.

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 registration waiver and membership payment, now what?

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