

## In-Person Exercise & Falls Prevention Class Schedule

Classes for everyone 55 years +. Start anytime.

### EFP Program - February 2026

APSLY	For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589		
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 <b>Exercise and Falls Prevention Class</b> Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.	Krista Rutledge (Mon) Wednesdays via Zoom <b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	Mondays (Live): 10:00 – 11:00 am <i>No Class Feb 16<sup>th</sup></i>	
	<b>Wednesdays</b> - A LIVE class with Krista will be shown on screen.		

**\*To stay up to date with class status -especially due to winter weather- call the EFP Cancellation Hotline at 705-775-3083 ext. 337 (Monday instructor has a long commute, please be sure to check hotline for cancellations.)**

**BUCKHORN**

For Information (re: weather cancellations, etc.) Contact: Community Care in Buckhorn #705-657-2171

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Balance 101</b> <b>Level **</b> Do you feel your balance isn't what it used to be? This class will include exercises to help improve balance, and strengthen the systems and muscles of the body that effect it. Stay for Exercise 101 right after for a well rounded workout! Bring Your own hand weights.	Michelle Holdforth <b>Buckhorn Community Centre</b> 1782 Lakehurst Road	Monday: 12:00 – 12:30 pm  <b>No Class Feb 16th</b>
 <b>Exercise 101</b> <b>Level **</b> A chair based class that covers the basic components of fitness: strengthening, stretching, and conditioning geared to older adults. Pair it with Balance 101 for best results! Bring your own hand weights.	Michelle Holdforth <b>Buckhorn Community Centre</b> 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm  <b>No Class Feb 16th</b>

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
705-775-3083 ext. 337(EFP)**

**CHEMUNG/ENNISMORE**

For Information (re: weather cancellations, etc.) Contact: Community Care in Ennismore #705-292-8708

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Bodies in Balance</b> <b>Level</b> **/*** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Julie Humphries <b>Ennismore Curling Club</b> 555 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am
 <b>Chair Yoga</b> <b>Level</b> * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Julie Humphries <b>Ennismore Curling Club</b> 555 Ennis Rd, Ennismore	Tuesday: 11:00 am – 12:00 pm
 <b>Zumba Gold</b> <b>Level:</b> *** Fun low-impact cardio dance moves designed for older adults	Jasmine Murray <b>Ennismore Curling Club</b> 555 Ennis Rd, Ennismore	Thursday: 9:00 – 10:00 am
 <b>Chair Yoga Dance</b> <b>Level</b> ** Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.	Julie Humphries <b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am

 <b>Zumba Toning</b>	Jasmine Murray	<b>Ennismore Curling Club</b> 555 Ennis Rd, Ennismore	Friday: 9:00 – 10:00 am
<b>Level:</b> **/** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.			<b>No Class Feb 6<sup>th</sup></b>

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
705-775-3083 ext. 337(EFP)**

**HAVELOCK**

For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Chair Yoga</b> <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton <b>Community Care Havelock</b> 17 Smith Drive	Monday 12:00 – 1:00 pm  <b>No Class Feb 16<sup>th</sup></b>
 <b>Zumba Gold</b> <b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray <b>Havelock Legion</b> 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am
 <b>Advanced Weights &amp; Cardio</b> <b>Level: ****/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Jasmine Murray <b>Havelock Legion</b> 8 Ottawa Street East	Tuesday: 10:45 – 11:45 am
 <b>Line Dancing</b> <b>Level: ***</b> Choreographed dance routines set to fun music.	Lorraine Day <b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 9:30 – 10:30 am

## HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Advanced Weights &amp; Cardio</b>  <b>Level ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Shannon Burton  <b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 10:45 – 11:30 am  <b>No Class Feb 11<sup>th</sup></b>
 <b>Bodies in Balance</b>  <b>Level ***/***</b> Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Shannon Burton  <b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 11:40 am – 12:15 pm  <b>No Class Feb 11<sup>th</sup></b>

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
705-775-3083 ext. 337(EFP)**

**NORWOOD**

For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Circuit Training</b> <b>Level</b> *** A low impact full body workout. Bring your own hand weights.	Shannon Burton <b>Norwood Legion</b> 27 King Street	Tuesday: 9:00 – 9:45 am  <span style="color: red;">No Class Feb 17<sup>th</sup></span>
 <b>Line Dancing</b> <b>Level:</b> *** Coreographed dance routines set to fun music.	Marlene Chaplin <b>Norwood Legion</b> 27 King Street	Tuesday: 10:00 – 11:00 am

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
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## NORWOOD CONTINUED....

The below classes are NEW to Community Care in partnership with the **Asphodel-Norwood Senior Active Connection Hub**. More information on their programs can be found on their [website](#).

To be added to their email list to stay up to date on **Feel Good Friday** classes please register with your email [here](#).

 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	<b>Norwood Town Hall</b> 2357 County Rd 45	Friday Feb 6 <sup>th</sup> 10:30 – 11:30 am  (First Friday of the month ONLY)
 <b>Chair Yoga</b> <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton	<b>Norwood Town Hall</b> 2357 County Rd 45	Friday Feb 27 <sup>th</sup> 10:30 – 11:30 am  (Last Friday of the month ONLY)
 <b>The Fundamentals (Hybrid)</b> <b>Level **</b> A mostly seated class to build strength and range of motion in the muscles and joints that are at the very base of everyday functional movements. Class will also include exercises and movements to improve balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions.	Shannon Burton	<b>Asphodel-Norwood Community Centre</b> <b>Millenium Room</b> 88 Alma St  * Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow	Mondays 10:00 – 10:45am  No Class Feb 16 <sup>th</sup>
 <b>Advanced Cardio &amp; Weights (Hybrid)</b> <b>Level ***/****</b> Start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session.	Shannon Burton	<b>Asphodel-Norwood Community Centre</b> <b>Millenium Room</b> 88 Alma St  * Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow.	Mondays 11:00 – 11:45am  No Class Feb 16 <sup>th</sup>

**LAKEFIELD**

For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray <b>Lakefield Legion</b> 10 Nicholls St Donations appreciated	Monday: 9:00 – 10:00 am  <b>No Class Feb 16<sup>th</sup></b>
 <b>Cardio &amp; Weights</b> <b>Level ***</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.	Krista Rutledge <b>Lakefield Legion</b> 10 Nicholls St Donations appreciated	Thursday: 9:00 – 9:45 am
 <b>Bodies in Balance</b> <b>Level **</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Wed – Rachel Jenkins Thurs – Krista Rutledge <b>Regency of Lakefield</b> 91 Concession St  *Check in with Front Desk. Be prepared to be COVID screened each visit.	Wednesday: 11:15 – 11:45 am  <b>No Class Feb 4<sup>th</sup></b> Thursday: 10:00 - 10:30 am

**DOURO-DUMMER**

For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655

**CLASS & INSTRUCTOR****LOCATION****DAY & TIME****Gentle Chair Stretch**

Steph Bolton

**Level \***

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

**Douro Community Centre - Harvest Room**  
2893 Hwy 28 and County Rd. 4Friday:  
1:00 – 2:00 pm*No Class Feb 27<sup>th</sup>*

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
705-775-3083 ext. 337(EFP)**

<b>MILLBROOK</b>	For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011		
<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>	
 <b>Mat Stretch and Strengthen</b> <b>Level ***</b> Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	Patti Dell'Osso  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Tuesday: 12:00 – 12:45 pm	
 <b>Gentle Chair Stretch</b> <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Patti Dell'Osso  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 9:00 – 9:45 am	
 <b>Bodies in Balance</b> <b>Level **/***</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Patti Dell'Osso  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street  Also available on Zoom	Wednesday: 10:00 – 10:45 am	
 <b>Advanced Cardio &amp; Weights</b> <b>Level ***/****</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	Patti Dell'Osso  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 11:00 – 11:45 am	
 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray  <b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am  <i>Feb 6<sup>th</sup> – no Zumba, see below for replacement class option</i>	

## MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Zumba Gold &amp; Toning Combo</b> <b>Level **/***</b> Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	Jasmine Murray <b>Millbrook Manor</b> 2 Manor Drive	Friday: 11:45 am – 12:45 pm  <i>Feb 6<sup>th</sup> – no Zumba, see below for replacement class option</i>
 <b>Line Dancing</b>  Level 1 – Basic line dancing steps & routines to get you started. Level 2 – For those who would like a little more difficulty added. The goal of both levels is to get out, get moving, and have some fun! Join us in between the two classes for a 15-minute coffee social.	Angela David  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street  <i>*Minimum \$2 Donation per 30min session to attend</i>	Tuesdays:  Level 1 10:00-10:30am Coffee 10:30 – 10:45am Level 2 10:45 – 11:15am
Friday February 6 <sup>th</sup> – Movement to Music with Patti – minimum \$2 Donation to attend below classes		
 <b>Movement to Music</b>  Patti will lead a 45min class in place of the Zumba Gold class. Participants are asked to donate \$2 to help cover cost of class.	<b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	<i>Friday Feb 6<sup>th</sup> ONLY:</i> 10:30 – 11:15 am  <i>*\$2 Donation to attend</i>
 <b>Chair Movement to Music – Toning Edition</b>  Patti will lead a 45min class in place of the Zumba Gold Toning class. Participants are asked to donate \$2 to help cover cost of class.	<b>Millbrook Manor</b> 2 Manor Drive	<i>Friday Feb 6<sup>th</sup> ONLY:</i> 11:45 am – 12:30 pm  <i>*\$2 Donation to attend</i>

**To stay up to date with class status/cancellations, call the EFP Cancellation Hotline at  
 705-775-3083 ext. 337(EFP)**

## **PETERBOROUGH**

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Chair Yoga Dance</b> <b>Level **/**</b> Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.	Julie Humphries <b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 <b>Gentle Chair Stretch</b> <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Krista Rutledge <b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm
 <b>Bodies in Balance</b> <b>Level **/**</b> Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Krista Rutledge <b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm
 <b>Bodies in Balance &amp; Falls Prevention</b> <b>Level **/**</b> Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.	Shannon Burton <b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

## Peterborough Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray <b>McDonnel St Activity Center</b> 577 McDonnel St Phone: (705)742-0050	Wednesday: 9:00 – 9:45 am
 <b>Warm Up and Weights</b> <b>Level ***</b> <p>An all-round fitness class for older adults. Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Options for individuals depending on their current level of fitness provided. Some exercises will be done seated in a chair, but most will be done standing behind or beside the chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises! Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow.</p>	Krista Rutledge <b>McDonnel St Activity Center</b> 577 McDonnel St Phone: (705)742-0050	Wednesday: 10:00 – 10:45 am
 <b>Indoor Walking Group</b> <b>Level – You Choose!</b> <p>Join us on Tuesdays for an indoor walk on the track at the Miskin Law Community Complex. "Choose your own adventure" and walk at your own pace, whether you prefer a leisurely social stroll, a more intense fitness-centric walk, or anywhere in between. Walk for 5 minutes, or 30 minutes, YOU CHOOSE!</p>	<b>Miskin Law Community Complex Walking Track</b> 271 Lansdowne St W, Peterborough	On Hold for February

### POLE WALKING

If in doubt regarding class status, please call the class cancellation hotline for updates. 705-775-3083 ext. 337(EFP)

Pole walking provides cardiovascular and strength benefits in a fun, social environment.

- Poles are available to borrow or bring your own
- Please note location may change, or class may be cancelled depending on weather and trail conditions – Michelle will contact you in these cases or call the EFP Cancellation Hotline 705-775-3083 ext. 337(EFP) - If possible, let Michelle know you plan to attend ahead of time to allow for this.

#### Pole Walking Schedule:

**Pole Walking for Fitness** - A 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.

**February Location – BEL Rotary Trail in Bridgenorth** - off East Communication Rd/7<sup>th</sup> Line Selwyn on Brumwell St.

Parking at the end of Brumwell St. and along the side of the road.

Address: Please contact Michelle if you require directions.

Tuesday 2:30 – 3:30 pm (weather dependent based on road/driving conditions – please check cancellation hotline)

**Please dress appropriately for WINTER.** Wear layers, and appropriate footwear.

Please contact Michelle Holdforth for more information

[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)