




In-Person Exercise & Falls Prevention Class Schedule

Classes for everyone 55 years +. Start anytime.





EFP Program - February 2026


APSLEY			For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Exercise and Falls Prevention Class Krista Rutledge (Mon) Wednesdays via Zoom Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Mondays (Live): 10:00 – 11:00 am <i>No Class Feb 16th</i> Wednesdays (Zoom): 10:00 – 10:45 am <i>No Class Feb 25th</i>	
	Wednesdays - 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
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Balance 101 Michelle Holdforth Level ** 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:00 – 12:30 pm No Class Feb 16th	
 Exercise 101 Michelle Holdforth Level ** 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm No Class Feb 16th	

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

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



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

HAVELOCK Continued

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

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




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

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](#).

 Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Norwood Town Hall 2357 County Rd 45	Friday Feb 6th 10:30 – 11:30 am (First Friday of the month ONLY)
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton	Norwood Town Hall 2357 County Rd 45	Friday Feb 27th 10:30 – 11:30 am (Last Friday of the month ONLY)
 The Fundamentals (Hybrid) Level ** 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 improvement balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions.	Shannon Burton	Asphodel-Norwood Community Centre Millenium Room 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 16th
 Advanced Cardio & Weights (Hybrid) Level ***/**** 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	Asphodel-Norwood Community Centre Millenium Room 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 16th

LAKEFIELD			For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	Lakefield Legion 10 Nicholls St Donations appreciated	Monday: 9:00 – 10:00 am No Class Feb 16 th	
 Cardio & Weights Krista Rutledge Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.	Lakefield Legion 10 Nicholls St Donations appreciated	Thursday: 9:00 – 9:45 am	
 Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Rutledge Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Wednesday: 11:15 – 11:45 am No Class Feb 4 th 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 Strech**

Steph Bolton






Douro Community Centre - Harvest Room

2893 Hwy 28 and County Rd. 4





Friday:
1:00 – 2:00 pm*No Class Feb 27th***Level ***

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

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

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




MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold & Toning Combo Jasmine Murray Level **/*** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	Millbrook Manor 2 Manor Drive	Friday: 11:45 am – 12:45 pm <i>Feb 6th – no Zumba, see below for replacement class option</i>
 Line Dancing Angela David 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.	St. Thomas Anglican Church Hall 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 6th – Movement to Music with Patti – minimum \$2 Donation to attend below classes		
 Movement to Music Patti Dell'Osso 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.	Cavan Monaghan Community Centre (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday Feb 6th ONLY: 10:30 – 11:15 am <i>*\$2 Donation to attend</i>
 Chair Movement to Music – Toning Edition Patti Dell'Osso 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.	Millbrook Manor 2 Manor Drive	Friday Feb 6th ONLY: 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			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Dance Julie Humphries Level */** 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.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 Gentle Chair Stretch Krista Rutledge Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm
 Bodies in Balance Krista Rutledge Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm
 Bodies in Balance & Falls Prevention Shannon Burton Level **/** 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.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

Peterborough Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	McDonnel St Activity Center 577 McDonnel St Phone: (705)742-0050	Wednesday: 9:00 – 9:45 am
 Warm Up and Weights Krista Rutledge Level *** 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.	McDonnel St Activity Center 577 McDonnel St Phone: (705)742-0050	Wednesday: 10:00 – 10:45 am
 Indoor Walking Group Level – You Choose! 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!	Miskin Law Community Complex Walking Track 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/7th 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