




## In-Person Exercise & Falls Prevention Class Schedule

Classes for everyone 55 years +. Start anytime.





EFP Program - January 2026


<b>APSLEY</b> 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> Shannon Burton (Mon) Wednesdays via Zoom Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	Mondays (Live): 10:00 – 11:00 am  Wednesdays (Zoom): 10:00 – 10:45 am
	On Wednesdays through January try something new! A LIVE class will be shown on screen. Each week will have a different instructor with a different style of class to try out.	Wed Jan 7 <sup>th</sup> – Bodies in Balance with Patti Wed Jan 14 <sup>th</sup> – Warm Up & Weights with Krista <b>Wed Jan 21<sup>st</sup> – Cancelled</b> Wed Jan 28 <sup>th</sup> – TBD

**\*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.)*





<b>BUCKHORN</b> 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> <div>Michelle Holdforth</div> <p><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.</p>	<b>Buckhorn Community Centre</b> 1782 Lakehurst Road	Monday: 12:00 – 12:30 pm
 <b>Exercise 101</b> <div>Michelle Holdforth</div> <p><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.</p>	<b>Buckhorn Community Centre</b> 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm

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



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

 <b>Zumba Toning</b> <b>Level: **/***</b> Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.	Jasmine Murray	<b>Ennismore Curling Club</b> 555 Ennis Rd, Ennismore	Friday: 9:00 – 10:00 am
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<b>HAVELOCK</b>			
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>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> Shannon Burton  <b>Level ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 10:45 – 11:30 am
 <b>Bodies in Balance</b> Shannon Burton  <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.	<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 11:40 am – 12:15 pm

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





<b>NORWOOD</b> 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> Shannon Burton <b>Level ***</b> A low impact full body workout. Bring your own hand weights.	<b>Norwood Legion</b> 27 King Street	Tuesday: 9:00 – 9:45 am
 <b>Line Dancing</b> Marlene Chaplin <b>Level: ***</b> Coreographed dance routines set to fun music.	<b>Norwood Legion</b> 27 King Street	Tuesday: 10:00 – 11:00 am

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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	<b>Friday Jan 2<sup>nd</sup> :</b> <b>10:30 – 11:30 am</b>  <b>(First Friday of the month ONLY)</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>Norwood Town Hall</b> 2357 County Rd 45	<b>Friday Jan 30<sup>th</sup> :</b> <b>10:30 – 11:30 am</b>  <b>(Last Friday of the month ONLY)</b>
 <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 improvement balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions.	Krista Skutovich	<b>Ashpodel-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	<b>Mondays</b> <b>10:00 – 10:45am</b>
 <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.	Krista Skutovich	<b>Ashpodel-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.	<b>Mondays</b> <b>11:00 – 11:45am</b>



LAKEFIELD			For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 <b>Zumba Gold</b> Jasmine Murray <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Lakefield Legion</b> 10 Nicholls St Donations appreciated	Monday: 9:00 – 10:00 am	
 <b>Cardio &amp; Weights</b> Krista Skutovich <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.	<b>Lakefield Legion</b> 10 Nicholls St Donations appreciated	Thursday: 9:00 – 9:45 am	
 <b>Bodies in Balance</b> Wed – Rachel Jenkins Thurs – Krista Skutovich <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.	<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 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 Jan 30<sup>th</sup>***Level \***

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




**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> Patti Dell'Osso  <b>Level ***</b> Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Tuesday: 12:00 – 12:45 pm	
 <b>Gentle Chair Stretch</b> Patti Dell'Osso  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 9:00 – 9:45 am	
 <b>Bodies in Balance</b> Patti Dell'Osso  <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.	<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> Patti Dell'Osso  <b>Level **/**</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 11:00 – 11:45 am	
 <b>Zumba Gold</b> Jasmine Murray  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am	




## MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Zumba Gold &amp; Toning Combo</b> Jasmine Murray  <b>Level **/**</b> Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	<b>Millbrook Manor</b> 2 Manor Drive	Friday: 11:45 am – 12:45 pm

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PETERBOROUGH			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 <b>Chair Yoga Dance</b> Julie Humphries  <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.		<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> Krista Skutovich  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		<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> Krista Skutovich  <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.		<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> Shannon Burton  <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.		<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> Jasmine Murray  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<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> Krista Skutovich  <b>Level ***</b> 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.	<b>McDonnel St Activity Center</b> 577 McDonnel St Phone: (705)742-0050	Wednesday: 10:00 – 10:45 am
 <b>Indoor Walking Group</b> Michelle  <b>Level – You Choose!</b> Join our Kinesiology student Mackenzie 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!	<b>Miskin Law Community Complex Walking Track</b> 271 Lansdowne St W, Peterborough	Please join Michelle at 2:30pm on Tuesdays to give Pole Walking a try!

### POLE WALKING

For January, Michelle Holdforth is leading a pole walking group once per week indoors. The schedule may change due to weather (driving) conditions, but hopefully by using the walking track we can minimize weather related cancellations. Please dress appropriately as the walking track is inside the arena.

**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.*

#### **January Location – Miskin Law Community Centre – Walking Track**

Address: 271 Lansdowne St West, Peterborough ON

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

**Please wear indoor running shoes and ensure your walking poles have the rubber booties on the bottom.** Wear thin layers as the walking track is around the upper level of the ice rink – even indoors the temp is still cool.

Please contact Michelle Holdforth for more information

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

Updated January 2, 2026, by S. Burton