



In-Person Exercise & Falls Prevention Class Schedule

Classes for everyone 55 years +. Start anytime.

EFP Program - March 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 Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.	Krista Rutledge (Mon) Wednesdays via Zoom	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	
		Mondays (Live): 10:00 – 11:00 am Wednesdays (Zoom): 10:00 – 10:45 am <i>No Class Mar 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
<p> Balance 101 Michelle Holdforth</p> <p>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.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 12:00 – 12:30 pm</p>
<p> Exercise 101 Michelle Holdforth</p> <p>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.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p>

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

 Zumba Toning <p style="text-align: right;">Jasmine Murray</p> <p>Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	<p>Ennismore Curling Club 555 Ennis Rd, Ennismore</p>	<p>Friday: 9:00 – 10:00 am</p> <p style="color: red;">No Class Mar 6th</p>
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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 <i>No Class Mar 16th</i>
 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 <i>No Class Mar 24th</i>
 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 <i>No Class Mar 24th</i>
 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
 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

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
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.		Norwood Legion 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](#).

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

LAKEFIELD

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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Gold Jasmine Murray</p> <p>Level *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Monday: 9:00 – 10:00 am</p>
<p> Cardio & Weights Krista Rutledge</p> <p>Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.</p>	<p>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Thursday: 9:00 – 9:45 am</p>
<p> Bodies in Balance Rachel Jenkins</p> <p>Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p>Regency of Lakefield 91 Concession St</p> <p>*Check in with Front Desk. Be prepared to be COVID screened each visit.</p>	<p>Wednesday: 11:15 – 11:45 am</p> <p>Thursday: 10:00 - 10:30 am</p>

DOURO-DUMMER

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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Gentle Chair Strech Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Steph Bolton Douro Community Centre - Harvest Room 2893 Hwy 28 and County Rd. 4	Friday: 1:00 – 2:00 pm <i>No Class Mar 20th & 27th</i>

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 Level *** Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	Patti Dell'Osso	St. Thomas Anglican Church Hall 16 Centre Street	Tuesday: 12:00 – 12:45 pm
 Gentle Chair Stretch Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Patti Dell'Osso	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 9:00 – 9:45 am
 Bodies in Balance Level **/** 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	St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday: 10:00 – 10:45 am
 Advanced Cardio & Weights Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	Patti Dell'Osso	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 11:00 – 11:45 am
 Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Cavan Monaghan Community Centre (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am <i>Mar 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>Mar 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 March 6 th – 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 Mar 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 Mar 6th ONLY: 11:45 am – 12:30 pm <i>*\$2 Donation to attend</i>

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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 March

POLE WALKING – NEW DAY & TIME*

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.*

March Location: Lakefield Oval Trails (Speed Skating Oval)

Address: 3358 Lakefield Rd, Lakefield - Please contact Michelle if you require directions.

Day & Time: MONDAY 2:00 – 3:00pm (weather dependent based on road/driving conditions – please check cancellation hotline)

Please dress appropriately for March weather. Wear layers, and appropriate footwear.

Please contact Michelle Holdforth for more information
Yogasouls101@gmail.com