



Empowering you to live at home
in the City and County of Peterborough

Exercise & Falls Prevention (EFP) Program - Peterborough

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:00 – 9:45 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 McDonnel St Activity Centre <i>No Class Apr 22nd</i></p>		
		<p>10:00 – 10:45 am Warm Up & Weights <i>Instructor: Krista</i> Level: 3 McDonnel St Activity Centre <i>No Class Apr 22nd</i></p>	<p>1:00 – 1:45 pm Fundamentals <i>(same class, new name)</i> <i>Instructor: Krista</i> Level: 1/2 St. John’s Anglican Church</p>	<p>11:00 – 12:00 pm Bodies in Balance <i>Instructor: Shannon</i> Level: 2/3 YMCA Ptbo <i>*No class Fri Apr 3rd – Good Friday</i></p>
	<p>1:00 – 2:00 pm Chair Yoga Dance <i>Instructor: Julie</i> Level: 2 St. John’s Anglican Church</p>		<p>1:50 – 2:20 pm Bodies in Balance <i>Instructor: Krista</i> Level: 2 St. John’s Anglican Church</p>	

- For more information regarding classes or memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- YMCA – do not need to be YMCA member to attend, participants must sign in at front desk upon arrival

Exercise & Falls Prevention (EFP) Program - Apsley

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 – 11:00 am Bodies in Balance <i>Instructor: Krista</i> Level: 3 North Kawartha Community Centre No Class Apr 6th – Easter Monday</p>		<p>10:00 – 10:45 am Bodies in Balance – Livestream <i>Instructor: Krista</i> Level: 3 North Kawartha Community Centre No Class Apr 15th Krista In-Person Apr 22nd</p>		

- For more information regarding classes please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- Wednesdays – Katie will play a live class by Krista on screen – Exception April 22nd will be an in-person class
- SAME CLASS – NEW NAME! Same great class you know, we’ve just changed the name.
- 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.)



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Exercise & Falls Prevention (EFP) Program - Buckhorn

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12:00 – 1:00 pm Bodies in Balance <i>Instructor: Michelle</i> Level: 2/3 Buckhorn Community Centre No Class Apr 6th – Easter Monday</p>				

- To join a class, you must be a member with our EFP program, for more information please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- SAME CLASS – NEW NAME! Same class you’ve come to love, we’ve just changed the name.



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Exercise & Falls Prevention (EFP) Program -Ennismore

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>10:15 – 10:45 am Bodies in Balance <i>Instructor: Julie</i> Level: 2/3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required</p>		<p>9:00 – 10:00 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required</p>	<p>9:00 – 10:00 am Zumba Gold - Toning <i>Instructor: Jasmine</i> Level: 3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required</p> <p><i>*No class Fri Apr 3rd – Good Friday</i></p>
	<p>11:00 am – 12:00 pm Chair Yoga <i>Instructor: Julie</i> Level: 2 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required</p>		<p>10:15 – 11:15 am Chair Yoga Dance <i>Instructor: Julie</i> Level: 2 Chemung Community Care Office</p>	

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- Please note - \$2 Donation Fee for classes at Ennismore Curling Club helps to cover the rental fees to use the facility.



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Exercise & Falls Prevention (EFP) Program - Havelock

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12:00 – 1:00 pm Chair Yoga <i>Instructor: Steph</i> Level: 1/2 17 Smith Dr – Common Room <i>No Class Mon Apr 6th Easter Monday</i></p>	<p>9:30 – 10:30 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Havelock Legion – Upstairs</p>	<p>9:30 – 10:30 am Line Dancing <i>Instructor: Lorraine</i> Level: 3 Havelock Legion – Upstairs</p>		
	<p>10:45 – 11:45 am Cardio & Weights <i>Instructor: Jasmine</i> Level: 4 (Advanced) Havelock Legion – Upstairs</p>	<p>10:45 – 11:30 am Cardio & Weights <i>Instructor: Shannon</i> Level: 4 (Advanced) Havelock Legion – Upstairs</p>		
		<p>11:40 am – 12:15 pm Circuit – Functional Balance <i>(Formerly Bodies in Balance - same class new name)</i> <i>Instructor: Shannon</i> Level: 3 Havelock Legion – Upstairs</p>		

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.



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Exercise & Falls Prevention (EFP) Program – Lakefield/Douro

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 – 10:00 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Lakefield Legion</p> <p>No Class Apr 6th – Easter Monday</p>			<p>9:00 – 9:45 am Cardio & Weights <i>Instructor: Krista</i> Level: 3/4 Lakefield Legion</p>	
		<p>10:30 – 11:00 am Fun & Fitness <i>Instructor: Rachel</i> Level: 1 The Regency of Lakefield</p>	<p>10:00 – 10:30 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 The Regency of Lakefield</p>	
		<p>11:15 – 11:45 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 The Regency of Lakefield</p>		<p>1:00 – 2:00 pm Chair Yoga <i>Instructor: Steph</i> Level: 1/2 Douro Community Centre</p> <p>No Class Apr 3rd & 24th</p>

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.

Exercise & Falls Prevention (EFP) Program - Millbrook

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>10:00 – 10:30 am Line Dancing <i>Instructor: Angela</i> Level: Beginner St. Thomas Church – Millbrook \$2 Donation Required</p>	<p>9:00 – 9:45 am Chair Yoga <i>Instructor: Patti</i> Level: 2 St. Thomas Church - Millbrook No Class Apr. 29th</p>		<p>10:45* – 11:30 am (adjusted start time) Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Cavan Monaghan Community Centre *No class Apr 3rd – Good Friday</p>
	<p>10:45 – 11:15 am Line Dancing <i>Instructor: Angela</i> Level: Intermediate St. Thomas Church - Millbrook \$2 Donation Required</p>	<p>10:00 – 10:45 am Bodies in Balance <i>Instructor: Patti</i> Level: 2/3 St. Thomas Church - Millbrook No Class Apr. 29th</p>		<p>11:45 – 12:45 pm Zumba Gold & Toning Combo Instructor: Jasmine Level: 2 Millbrook Manor *No class Apr 3rd – Good Friday</p>
	<p>12:00 – 12:45 pm Mat Strength & Stretch <i>Instructor: Patti</i> Level: 4 St. Thomas Church - Millbrook</p>	<p>11:00 – 11:45 am Cardio & Weights <i>Instructor: Patti</i> Level: 4 St. Thomas Church - Millbrook No Class Apr. 29th</p>		

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- To allow Jasmine safe travel time between locations the start time at CMCC on Fridays will be 10:45am

Exercise & Falls Prevention (EFP) Program - Norwood

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 – 10:45 am Fundamentals <i>Instructor: Shannon</i> Level: 2/3 Asphodel-Norwood Community Centre <i>No Class Apr 6th</i></p>	<p>9:00 – 9:45 am Circuit – Fitness <i>Instructor: Shannon</i> Level: 3 Norwood Legion</p>			<p>FRIDAY APRIL 10th ONLY Feel Good Friday Dance Fit <i>Instructor: Angela</i> Level: 3 Norwood Town Hall</p>
<p>11:00 – 11:45 am Cardio & Weights <i>Instructor: Shannon</i> Level: 4 Asphodel-Norwood Community Centre <i>No Class Apr 6th</i></p>	<p>10:00 – 11:00 am Line Dancing <i>Instructor: Marlene</i> Level: 3 Norwood Legion</p>			<p>FRIDAY APRIL 24th ONLY Feel Good Friday Chair Yoga <i>Instructor: Steph</i> Level: 1/2 Norwood Town Hall</p>

- To join most classes, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- Please Note:** Monday and Friday Norwood Classes are in partnership with the Asphodel-Norwood Seniors Active Connector Hub and DO NOT require an EFP Membership with Community Care Peterborough to attend.



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Exercise & Falls Prevention (EFP) Program - Pole Walking

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2:00 – 3:00 pm Pole Walking <i>Instructor: Michelle</i> Level: 3/4 April – Parkway Trail Meet in Southeast corner of parking lot at Walmart on Chemong Rd No Class Apr 6th – Easter Monday</p>				

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

Poles are available to borrow or bring your own.

Please dress appropriately (clothing and footwear) for spring weather. Wear layers if possible.

***Please note location may change, or class may be cancelled depending on weather and trail conditions – please call the EFP Cancellation Hotline 705-775-3083 ext. 337(EFP) if in doubt** - If possible, let Michelle know you plan to attend ahead of time so she may contact you if there are any changes.

For more information, contact Michelle Holdforth Yogasouls101@gmail.com

- To join a class, you must be a member with our EFP program, for more information please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.