

Exercise & Falls Prevention (EFP) Program - Apsley

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45 – 10:45 am Bodies in Balance <i>Instructor: Ann</i> Level: 3 North Kawartha Community Centre Banquet Hall No Class Aug 3rd – Civic Holiday		10:00 – 11:00 am Bodies in Balance <i>Instructor: Ann</i> Level: 3 North Kawartha Community Centre Banquet Hall		

- For more information regarding classes please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- To stay up to date with class status - call the **EFP Cancellation Hotline at 705-775-3083 ext. 337** (With summer heat and air quality, please be sure to check hotline for cancellations.)

Exercise & Falls Prevention (EFP) Program - Buckhorn

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 1:00 pm Bodies in Balance <i>Instructor: Michelle</i> Level: 2/3 Buckhorn Community Centre No Class Aug 3rd – Civic Holiday				

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



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

Exercise & Falls Prevention (EFP) Program -Ennismore

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:15 – 10:45 am Bodies in Balance <i>Instructor: Julie</i> Level: 2/3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required No Class Aug 18th		9:00 – 10:00 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required	9:00 – 10:00 am Zumba Gold - Toning <i>Instructor: Jasmine</i> Level: 3 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required ALL Fridays running!
	11:00 am – 12:00 pm Chair Yoga <i>Instructor: Julie</i> Level: 2 Ennismore Curling Club – Upstairs Lounge \$2 Donation Required No Class Aug 18th		10:15 – 11:15 am Chair Yoga Dance <i>Instructor: Julie</i> Level: 2 Chemung Community Care Office	

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

Exercise & Falls Prevention (EFP) Program – Havelock

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 1:00 pm Chair Yoga <i>Instructor: Steph</i> Level: 1/2 17 Smith Dr – Common Room No Class Aug 3rd – Civic Holiday	9:30 – 10:30 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Havelock Legion – Upstairs No Class Aug 11th	9:30 – 10:30 am Line Dancing <i>Instructor: Lorraine</i> Level: 3 Havelock Legion – Upstairs <i>Marlene covering Aug 26th</i>		
	10:45 – 11:45 am Cardio & Weights <i>Instructor: Jasmine</i> Level: 4 (Advanced) Havelock Legion – Upstairs No Class Aug 11th	10:45 – 11:30 am Cardio & Weights <i>Instructor: Shannon</i> Level: 4 (Advanced) Havelock Legion – Upstairs		
		11:40 am – 12:15 pm Circuit – Functional Balance <i>(Formerly Bodies in Balance)</i> <i>Instructor: Shannon</i> Level: 3 Havelock Legion – Upstairs		

- 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 stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 10:00 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Lakefield Legion No Class Aug 3rd – Civic Holiday	9:00 – 9:45 am Cardio & Weights <i>Instructor: Krista</i> Level: 3/4 Isabel Morris Park- Outdoors		9:00 – 9:45 am Cardio & Weights <i>Instructor: Krista</i> Level: 3/4 Lakefield Legion No Class July 2nd	
		10:30 – 11:00 am Fun & Fitness <i>Instructor: Rachel</i> Level: 1 The Regency of Lakefield	10:00 – 10:30 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 The Regency of Lakefield	
		11:15 – 11:45 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 The Regency of Lakefield		Class On Break for August 1:00 – 2:00 pm Chair Yoga <i>Instructor: Steph</i> Level: 1/2 Douro Community Centre No Classes in August

- 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 stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

Exercise & Falls Prevention (EFP) Program - Millbrook

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 – 10:30 am Line Dancing <i>Instructor: Angela</i> Level: Beginner St. Thomas Church – Millbrook \$2 Donation Required No Class Aug 18th	9:00 – 9:45 am Chair Yoga <i>Instructor: Patti</i> Level: 2 St. Thomas Church – Millbrook		10:45* – 11:30 am <i>(adjusted start time)</i> Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Cavan Monaghan Community Centre Movement to Music (45mins) with Patti \$2 Donation – Aug 7th ONLY
	10:45 – 11:15 am Line Dancing <i>Instructor: Angela</i> Level: Intermediate St. Thomas Church – Millbrook \$2 Donation Required No Class Aug 18th	10:00 – 10:45 am Bodies in Balance <i>Instructor: Patti</i> Level: 2/3 St. Thomas Church – Millbrook		11:45 – 12:45 pm Zumba Gold & Toning Combo <i>Instructor: Jasmine</i> Level: 2 Millbrook Manor Movement to Music (45mins) with Patti \$2 Donation – Aug 7th ONLY
	12:00 – 12:45 pm Mat Strength & Stretch <i>Instructor: Patti</i> Level: 4 St. Thomas Church – Millbrook	11:00 – 11:45 am Cardio & Weights <i>Instructor: Patti</i> Level: 4 St. Thomas Church – Millbrook		

- 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 stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337 (Due to summer heat and air quality we may see more cancellations than usual.)**

Exercise & Falls Prevention (EFP) Program – Norwood

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am Fundamentals <i>Instructor: Shannon</i> Level: 2/3 Asphodel-Norwood Community Centre No Class Aug 3rd & 31st	9:00 – 9:45 am Circuit – Fitness <i>Instructor: Shannon</i> Level: 3 Norwood Legion No Class Aug 4th			Friday Aug 7th ONLY 10:30 – 11:30 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 Norwood Town Hall
11:00 – 11:45 am Cardio & Weights <i>Instructor: Shannon</i> Level: 4 Asphodel-Norwood Community Centre No Class Aug 3rd & 31st	10:00 – 11:00 am Line Dancing <i>Instructor: Marlene</i> Level: 3 Norwood Legion No Class Aug 4th <i>Marlene returns Aug 11th</i>			FRIDAY Aug 28th ONLY 10:30 – 11:30 am Feel Good Friday Chair Yoga <i>Instructor: Steph</i> Level: 1/2 Norwood Town Hall

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

Exercise & Falls Prevention (EFP) Program - Peterborough

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 – 9:45 am Zumba Gold <i>Instructor: Jasmine</i> Level: 3 McDonnel St Activity Centre No Class Aug 19th		
		10:00 – 10:45 am Warm Up & Weights <i>Instructor: Krista</i> Level: 3 McDonnel St Activity Centre No Class Aug 19th	1:00 – 1:45 pm Fundamentals <i>(same class, new name)</i> <i>Instructor: Krista</i> Level: 1/2 St. John's Anglican Church	11:00 – 12:00 pm Bodies in Balance <i>Instructor: Shannon</i> Level: 2/3 YMCA Peterborough
	1:00 – 2:00 pm Chair Yoga Dance <i>Instructor: Julie</i> Level: 2 St. John's Anglican Church No Class Aug 18th	11:00 – 11:45 am Warm Up & Weights - Chair <i>Instructor: Krista</i> Level: 2 McDonnel St Activity Centre No Class Aug 19th	1:50 – 2:20 pm Bodies in Balance <i>Instructor: Krista</i> Level: 2 St. John's Anglican Church	

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

Exercise & Falls Prevention (EFP) Program - Pole Walking

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00 – 3:00 pm Pole Walking <i>Instructor: Michelle</i> Level: 3/4 August – Jackson Park Meet/Park – in main parking lot off Monaghan Rd No Walk Mon Aug 3rd – Civic Holiday				

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 summer weather. Consider sun (hat, sunglasses, sunscreen, etc.) & bug safety.

***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.