

# Exercise & Falls Prevention (EFP) Program - Apsley

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10:00 – 11:00 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Ann</i>            Level: 3  <b>North Kawartha Community Centre</b>            Upstairs behind track</p>		<p><b>10:00 – 11:00 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Ann</i>            Level: 3  <b>North Kawartha Community Centre</b>            Banquet Hall  <b>No Class July 1<sup>st</sup> – Canada Day</b></p>		

- For more information regarding classes please reach out to us at [efp@commcareptbo.org](mailto: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** (Instructors commute, please be sure to check hotline for cancellations.)



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# Exercise & Falls Prevention (EFP) Program - Buckhorn

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12:00 – 1:00 pm</b>  <b>Bodies in Balance</b>  <i>Instructor: Michelle</i>            Level: 2/3  <b>Buckhorn Community Centre</b></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](mailto:efp@commcareptbo.org) or contact your local Community Care Office.
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# Exercise & Falls Prevention (EFP) Program -Ennismore

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>10:15 – 10:45 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Julie</i>            Level: 2/3  <b>Ennismore Curling Club –</b>  <b>Upstairs Lounge</b>  <b>\$2 Donation Required</b></p>		<p><b>9:00 – 10:00 am</b>  <b>Zumba Gold</b>  <i>Instructor: Jasmine</i>            Level: 3  <b>Ennismore Curling Club –</b>  <b>Upstairs Lounge</b>  <b>\$2 Donation Required</b></p>	<p><b>9:00 – 10:00 am</b>  <b>Zumba Gold - Toning</b>  <i>Instructor: Jasmine</i>            Level: 3  <b>Ennismore Curling Club –</b>  <b>Upstairs Lounge</b>  <b>\$2 Donation Required</b>  <b>ALL Fridays running!</b></p>
	<p><b>11:00 am – 12:00 pm</b>  <b>Chair Yoga</b>  <i>Instructor: Julie</i>            Level: 2  <b>Ennismore Curling Club –</b>  <b>Upstairs Lounge</b>  <b>\$2 Donation Required</b></p>		<p><b>10:15 – 11:15 am</b>  <b>Chair Yoga Dance</b>  <i>Instructor: Julie</i>            Level: 2  <b>Chemung Community Care</b>  <b>Office</b></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](mailto: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**



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# Exercise & Falls Prevention (EFP) Program - Havelock

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12:00 – 1:00 pm</b>  <b>Chair Yoga</b>  <i>Instructor: Steph</i>            Level: 1/2  <b>17 Smith Dr – Common Room</b>  <b>No Class July 6<sup>th</sup></b></p>	<p><b>9:30 – 10:30 am</b>  <b>Zumba Gold</b>  <i>Instructor: Jasmine</i>            Level: 3  <b>Havelock Legion – Upstairs</b></p>	<p><b>9:30 – 10:30 am</b>  <b>Line Dancing</b>  <i>Instructor: Lorraine</i>            Level: 3  <b>Havelock Legion – Upstairs</b>  <b>No Class July 1<sup>st</sup> – Canada Day</b></p>		
	<p><b>10:45 – 11:45 am</b>  <b>Cardio &amp; Weights</b>  <i>Instructor: Jasmine</i>            Level: 4 (Advanced)  <b>Havelock Legion – Upstairs</b></p>	<p><b>10:45 – 11:30 am</b>  <b>Cardio &amp; Weights</b>  <i>Instructor: Shannon</i>            Level: 4 (Advanced)  <b>Havelock Legion – Upstairs</b>  <b>No Class July 1<sup>st</sup> &amp; 29<sup>th</sup></b></p>		
		<p><b>11:40 am – 12:15 pm</b>  <b>Circuit – Functional Balance</b>  <i>(Formerly Bodies in Balance)</i>  <i>Instructor: Shannon</i>            Level: 3  <b>Havelock Legion – Upstairs</b>  <b>No Class July 1<sup>st</sup> &amp; 29<sup>th</sup></b></p>		

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

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:00 – 10:00 am</b>  <b>Zumba Gold</b>  <i>Instructor: Jasmine</i>            Level: 3  <b>Lakefield Legion</b></p>	<p><b>9:00 – 9:45 am</b>  <b>Cardio &amp; Weights</b>  <i>Instructor: Krista</i>            Level: 3/4  <b>Isabel Morris Park-Outdoors</b>  <b>No Class July 7<sup>th</sup></b></p>		<p><b>9:00 – 9:45 am</b>  <b>Cardio &amp; Weights</b>  <i>Instructor: Krista</i>            Level: 3/4  <b>Lakefield Legion</b>  <b>No Class July 2<sup>nd</sup></b></p>	
		<p><b>10:30 – 11:00 am</b>  <b>Fun &amp; Fitness</b>  <i>Instructor: Rachel</i>            Level: 1  <b>The Regency of Lakefield</b>  <b>No Class July 1<sup>st</sup></b></p>	<p><b>10:00 – 10:30 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Rachel</i>            Level: 2  <b>The Regency of Lakefield</b></p>	
		<p><b>11:15 – 11:45 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Rachel</i>            Level: 2  <b>The Regency of Lakefield</b>  <b>No Class July 1<sup>st</sup></b></p>		<p><b>1:00 – 2:00 pm</b>  <b>Chair Yoga</b>  <i>Instructor: Steph</i>            Level: 1/2  <b>Douro Community Centre</b>  <b>No Class July 3<sup>rd</sup> &amp; 31<sup>st</sup></b></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](mailto: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**



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# Exercise & Falls Prevention (EFP) Program - Millbrook

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>10:00 – 10:30 am</b>  <b>Line Dancing</b>  <i>Instructor: Angela</i>            Level: Beginner  <b>St. Thomas Church – Millbrook</b>  <b>\$2 Donation Required</b></p>	<p><b>9:00 – 9:45 am</b>  <b>Chair Yoga</b>  <i>Instructor: Patti</i>            Level: 2  <b>St. Thomas Church – Millbrook</b>  <b>No Class July 1<sup>st</sup> – Canada Day</b></p>		<p><b>10:45* – 11:30 am</b>  <i>(adjusted start time)</i>  <b>Zumba Gold</b>  <i>Instructor: Jasmine</i>            Level: 3  <b>Cavan Monaghan Community Centre</b>  <b>Movement to Music (45mins) with Patti \$2</b>  <b>Donation – July 3<sup>rd</sup> ONLY</b></p>
	<p><b>10:45 – 11:15 am</b>  <b>Line Dancing</b>  <i>Instructor: Angela</i>            Level: Intermediate  <b>St. Thomas Church – Millbrook</b>  <b>\$2 Donation Required</b></p>	<p><b>10:00 – 10:45 am</b>  <b>Bodies in Balance</b>  <i>Instructor: Patti</i>            Level: 2/3  <b>St. Thomas Church – Millbrook</b>  <b>No Class July 1<sup>st</sup> – Canada Day</b></p>		<p><b>11:45 – 12:45 pm</b>  <b>Zumba Gold &amp; Toning Combo</b>  <i>Instructor: Jasmine</i>            Level: 2  <b>Millbrook Manor</b>  <b>Movement to Music (45mins) with Patti \$2</b>  <b>Donation – July 3<sup>rd</sup> ONLY</b></p>
	<p><b>12:00 – 12:45 pm</b>  <b>Mat Strength &amp; Stretch</b>  <i>Instructor: Patti</i>            Level: 4  <b>St. Thomas Church – Millbrook</b></p>	<p><b>11:00 – 11:45 am</b>  <b>Cardio &amp; Weights</b>  <i>Instructor: Patti</i>            Level: 4  <b>St. Thomas Church – Millbrook</b>  <b>No Class July 1<sup>st</sup> – Canada Day</b></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](mailto: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**



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# Exercise & Falls Prevention (EFP) Program - Norwood

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10:00 – 10:45 am</b> <b>Fundamentals</b> <i>Instructor: Shannon</i> Level: 2/3 <b>Asphodel-Norwood Community Centre</b></p>	<p><b>9:00 – 9:45 am</b> <b>Circuit – Fitness</b> <i>Instructor: Shannon</i> Level: 3 <b>Norwood Legion</b> <i>Norwood Legion July 7<sup>th</sup></i> <i>**Park beside Asphodel-Norwood CC – Pavillion Area July 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup></i></p>			<p><b>No Zumba in July</b> <b>10:30 – 11:30 am</b> <b>Zumba Gold</b> <i>Instructor: Jasmine</i> Level: 3 <b>Norwood Town Hall</b></p>
<p><b>11:00 – 11:45 am</b> <b>Cardio &amp; Weights</b> <i>Instructor: Shannon</i> Level: 4 <b>Asphodel-Norwood Community Centre</b></p>	<p><b>10:00 – 11:00 am</b> <b>Line Dancing</b> <i>Instructor: Marlene</i> Level: 3 <i>Last class before Summer Break – July 7<sup>th</sup></i> <b>(No Class July 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup>)</b></p>			<p><b>FRIDAY July 31<sup>st</sup> ONLY</b> <b>10:30 – 11:30 am</b> <b>Feel Good Friday Chair Yoga</b> <i>Instructor: Steph</i> Level: 1/2 <b>Norwood Town Hall</b></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](mailto: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**



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# Exercise & Falls Prevention (EFP) Program - Peterborough

## July 2026

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

- For more information regarding classes or memberships please reach out to us at [efp@commcareptbo.org](mailto: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**



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# Exercise & Falls Prevention (EFP) Program - Pole Walking

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2:00 – 3:00 pm</b>  <b>Pole Walking</b>  <i>Instructor: Michelle</i>            Level: 3/4  <b>July – Doubes Trestle Bridge</b>  <b>Meet/Park on Orange Corners Rd. at trail crossing just off Cottingham Rd</b>  <a href="https://maps.app.goo.gl/8o732YnTwfjDBwFt6">https://maps.app.goo.gl/8o732YnTwfjDBwFt6</a></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 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](mailto:Yogasouls101@gmail.com)**

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