


SCHEDULE IN-PERSON SESSIONS

Free classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program



May 2025

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 Mark Best Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. Register: Contact Mark #705-656-2589	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Monday and Wednesday: 10:00 – 11:00 am Class Cancelled May 19th	






To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

BUCKHORN


For Information (re: weather cancellations, etc.) Contact: Community Care in Buckhorn #705-657-2171

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Balance 101 Michelle Holdforth 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm Class Cancelled May 19th
 Exercise 101 Michelle Holdforth 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 1:00 – 1:30 pm Class Cancelled May 19th






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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.	Community Care in Chemung 549 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.	Community Care in Chemung 549 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 Heritage Art Space Centre 507 Ennis Rd, Ennismore Donations encouraged	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	
 Chair Yoga Julie Humphries Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm	

CHEMUNG/ENNISMORE Continued



CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Toning Jasmine Murray Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.	Ennismore Heritage Art Space Centre 507 Ennis Rd, Ennismore Donations encouraged	Friday: 9:00 – 10:00 am

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HAVELOCK		For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton	Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm Class Cancelled May 19th
 Zumba Gold Level: *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 9:30 – 10:30 am
 Advanced Weights & Cardio Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Jasmine Murray	Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 10:45 – 11:45 am
 Line Dancing Level: *** Choreographed dance routines set to fun music.	Lorraine Day	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 9:30 – 10:30 am
 Advanced Weights & Cardio Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Shannon Burton	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 10:45 – 11:30 am
HAVELOCK Continued			

CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Bodies in Balance Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Shannon Burton	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 11:40 am – 12:10 pm

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NORWOOD For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631		
CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training Krista Skutovich Level *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 9:00 – 9:45 am
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 10:00 – 11:00 am


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LAKEFIELD			For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME	
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.		Lakefield Legion 10 Nicholls St Donations appreciated	Monday: 9:00 – 10:00 am Class Cancelled May 19th	
 Cardio & Weights Krista Skutovich Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.		Lakefield Legion 10 Nicholls St Donations appreciated	Thursday: 9:00 – 9:45 am	
 Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Skutovich Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		Regency of Lakefield 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 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 Class Cancelled: May 16th & 30th
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MILLBROOK			For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Mat Stretch and Strengthen Patti Dell'Osso Level *** Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	St. Thomas Anglican Church Hall 16 Centre Street	Tuesday: 12:00 – 12:45 pm	
 Gentle Chair Stretch Patti Dell'Osso Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 9:00 – 9:45 am	
 Bodies in Balance Patti Dell'Osso Level **/** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday: 10:00 – 10:45 am	
 Advanced Cardio & Weights Patti Dell'Osso Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 11:00 – 11:45 am	
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	Cavan Monaghan Community Centre (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
 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

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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 Skutovich 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 Skutovich 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 *NEW LOCATION*	Wednesday: 9:00 – 9:45 am
 Warm Up and Weights*NEW* Krista Skutovich 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 *NEW LOCATION*	Wednesday: 10:00 – 10:45 am

POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. The weather this time of year can be very unpredictable. Please dress appropriately. **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 an outdoor, 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.*

May Location –Track & Trails @ Nichol's Oval – Meet beside Peterborough Rugby Club

Address: 725 Armour Rd Peterborough ON (Nichol's Oval Park)

Tuesday 2:30 – 3:30 pm (weather dependent)

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors in early spring!

Please contact Michelle Holdforth for more information

Yogasouls101@gmail.com

Updated April 28, 2025 by S. Burton