

Move to Keep Moving

through activity programs for all ages throughout Peterborough County & City

Peterborough

- Activity Haven - 876-1670
- Bluebird Pacers - Vern Elstone - 652-8408
- Chi Gung Classes - Fran Crowe - 741-2065
- Mapleridge Seniors Recreation Ctr. - 742-1481
- Tai Chi Association - 743-9161
- Jane Markus Pilates Studio - 876-8900
- Fit & Fun in the Water - Joan Dawson - 745-3691
- SMART Program - Melanie Therrien
745-9155 ext. 6451

Buckhorn

- yoga, low-impact aerobics, exercise room, circuit training (Mike Black) - 657-8833

Ennismore

- Ennismore Senior's Club - Nan Reid - 292-5866

Havelock

- Exercise class/line dancing - senior's club - 778-2386
- Yoga - Eleanor Cheyne - 877-8874

Keene

- SMART Program - Melanie Therrien
745-9155 ext. 6451

Lakefield

- Community Care - 652-8655
- PACES - Linda Paris-Evans - 654-3683
(People with Arthritis Can Exercise Safely)
- Simply Fit Choices for Life - 652-0323

Norwood

- SMART Program - Melanie Therrien
745-9155 ext. 6451 or 1-800-743-6255
- Taoist Tai Chi - Maureen - 696-1782

Millbrook

- Tai Chi - Sylvia Hirt - 932-2041
- SMART Program - Melanie Therrien
745-9155 ext. 6451

Walking Groups

- Lansdowne Place - 748-2961
- Portage Place Shopping Centre - 749-0212
- Peterborough Square - 742-0493
- Buckhorn Community Ctr & Athletic Assoc. - 657-8833
- Havelock Winter Wellness Program - 778-7831
(Tuesday & Thursday 10:00 am - 12:00 pm)
- Ganaraska Hiking Trail Assoc. Kawartha Club -
Rose Millett 639-2431 (weekend hikes)
Tony Tasch 755-0815 (Wednesday walks)
(10 am 1 1/2 hrs)
www.ganaraska-hiking-trail.ca

Health Clubs / Gyms

- Body & Soul Family Fitness - 749-0546
- Curves, Lakefield - 652-0606
- Curves Peterborough - 748-4423
- Ptbo. Sports & Wellness Centre - 742-0050
- Trent University - 748-1257
- YMCA - 748-9622
- Best Western Otonabee Inn - 742-3454
- Holiday Inn Ptbo. Waterfront - 748-1144

Other Great Ways to Get Active

- skate, garden, walk, cut grass, snowshoe, canoe, swim, cross-country ski, carpet bowling, use the stairs, walk the dog, walk to church
- see "Health Fitness & Exercises Services" in the phone book

Would You Like to Exercise in Your Home?

- Exercise To Prevent Falls... A Winning Formula for Older Adults, a DVD is available by calling 743-1000. (\$10.00 each, shipping extra)

Need a Ride to Exercise Class?

Call the Community Care office in your community to register.
Be a buddy. Take a friend to class, or ask others to walk with you.

For more information call, Peterborough County-City Health Unit (705) 743-1000 www.pcchu.ca
Produced with financial support from St. Joseph's Care Foundation.