



BC Brain Wellness Program

Summer 2024 Program

Classes occur May 6 - August 2
Registration opens April 29 at noon



Monday	Tuesday	Wednesday	Thursday	Friday
Higher Intensity Interval Training 9:30-10:30	Functional Strength 9:30-10:30	Yoga Foundations 9:30-10:30	Functional Strength 9:30-10:30	Higher Intensity Interval Training 9:30-10:30
Lower Intensity Interval Training 11:00-12:00	Strength & Balance Level 2 11:00-12:00	Lower Intensity Interval Training 11:00-12:00	Strength & Balance Level 2 11:00-12:00	Higher Intensity Chair Exercise 10:30-11:30
			Art from the Heart 10:30-12:00	Artful Living 11:00-12:30
	Improv for Brain Health 12:30-2:00	SongShine 1:00-2:00	Functional Strength (Floor) 12:30-1:30	Strength & Balance Level 2 12:30-1:30
Chair Fit 2:00-3:00	Empowering Expression: Writing & Creating for Wellness 2:00-3:30	Chair Yoga 2:00-3:00	Art from the Heart 12:30-2:15	Creative Movement 2:30-3:30
		Gardening & Cooking in Season 3:00-4:00		
Zentangle Playing with Patterns 4:00-5:00	Strength & Balance Level 3 4:30-5:30		Afternoon Unwind Yoga 4:00-5:00	
	Mindfulness 4:00-5:30			

*no class will be offered on
May 20, July 1 (holidays)

Book Club - May 18, June 15, July 20 (10:00-11:00)

Care Partner Workshops - May 13, June 17 (10:00-11:30)

Crafters for a Cause - May 27, June 24 (3:30-4:30)

Partners Who Care - May 27, June 24 (10:00-11:30)



Visit our website to learn more and register! - www.bcbrianwellness.ca

