

EXERCISE CLASSES

SUMMER 2024 DETAILS

Functional Strength

Level 3-4

Tuesdays, Thursdays weekly | 9:30-10:30AM
Thursdays weekly - Floorwork Focus | 12:30-1:30PM
Instructor: Meg Todd

Full-body, moderate intensity exercise aimed at increasing overall strength. Light weights (i.e. 2 & 5lbs) and/or resistance bands can be used but are not required.

The Thursday class from 12:30-1:30PM includes floorwork and a longer stretch component.

Higher Intensity Chair Exercise

Level 1-3

Fridays weekly | 10:30-11:30AM
Instructor: Meg Todd

This class is mainly seated exercise with the option to move to a standing position (with support if needed). Focus is on strength, cardiovascular effort, coordinating limb movements, and some dual tasking. Light hand weights and/or resistance bands are recommended but not required.

Higher Intensity Interval Training

Level 4

Mondays, Fridays weekly | 9:30-10:30AM
Instructor: Sally Stelling

Moderate to higher intensity exercise. Participants should be able to stand and move without support. Some floor exercises can be included, however alternative standing options are offered. Exercise classes include aerobic, balance, strength and agility exercises. The main focus of the class is aerobic and agility exercise. Dual tasking components are sometimes included.

Lower Intensity Interval Training

Level 3

Mondays, Wednesdays weekly | 11:00AM-12:00PM
Instructors: Sally Stelling (M),
Audrey De Boer (W), Darius Darabi (W)

Moderate to low intensity exercise using functional full-body movement - can be done unsupported or holding onto a chair. Exercise classes include aerobic, balance, strength and agility work. No floor work involved. The focus of the class is aerobic and agility exercises. Dual tasking components are included.

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Strength & Balance Level 2

Level 2

Tuesdays, Thursdays, Fridays weekly
11:00AM-12:00PM (T/Th)
12:30-1:30PM (F)
Instructor: Amy Freeman

A full-body workout focused on improving balance, strength, and postural alignment for those that typically require a walking aid or need support to balance. Participants are encouraged to stand by holding onto a chair for balance support, however, seated options are always offered. Dumbbells or other hand weights are encouraged but not required.

Strength & Balance Level 3

Level 3

Tuesdays weekly | 4:30-5:30PM
Instructors: Gemma Tomasky

A full-body workout class to help improve balance, strength, and postural alignment for those that are able to stand without holding onto a surface. Participants are encouraged to use a chair or table for balance as we practice dynamic balances. Muscle strengthening will be completed in standing with dumbbells, other hand weights, or/and resistance bands are encouraged by not required.

Chair Fit

Level 1

Mondays weekly | 2:00-3:00PM
Instructor: Anne O'Sullivan

Chair Fit is a gentle workout done in a seated position. The class focuses on dynamic movement, postural alignment and working through our joint's range of motion. The class also incorporates elements of yoga for posture, breath awareness and alignment.

Afternoon Unwind Yoga

Level 3-4

Thursdays weekly | 4:00-5:00PM
Instructor: Vanessa Barron

This class is focused on unwinding and loosening the body after prolonged sitting. Classes start with a short meditation and centering, moving into asana/active poses and ending with a couple of restorative poses. It is an alignment-based, Hatha yoga class. You must be able to get on and off the floor with ease. To participate you will need:

- A yoga mat
- Two yoga blocks
- A strap
- Two folded towels or blankets
- A chair

You MUST be able to get on and off the floor with ease.

EXERCISE CLASSES

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Yoga Foundations

Level 3-4

This class welcomes those new to yoga or continuing to deepen their practice. It is an alignment-based hatha yoga class focused on posture with the goal of creating a healthy body, peaceful mind, and open heart. Detailed cueing, a variety of sequences, and props will be used moving from the mat to standing and balance postures. The classes start with a short meditation and centering, moving into active poses, and ending with Shavasana, lying on your back on the mat. To participate you will need:

- A yoga mat
- Two yoga blocks
- A strap
- Two folded towels or blankets
- A chair

You MUST be able to get on and off the floor with ease.

Wednesdays weekly | 9:30-10:30AM
Instructor: Vanessa Barron

Chair Yoga

Level 1-3

Chair yoga brings important aspects of yoga to those who are not comfortable coming to and from the floor. Those that have a need or interest in increasing movement by accessing a variety of positions from a chair will find this class stimulating and productive. In the class we will modify poses in such a way that forward bending, back bending, twisting, hip and leg movements all become more accessible. We will work on all major joints of the body as well as develop some basic breath and meditation techniques. Each class will start and end with a brief meditation practice. The class will be varied, educational and supportive in increasing comfort, strength and flexibility. It is appropriate for those that are not comfortable with a traditional yoga class, yet want to reap some of yoga's benefits. This class is primarily for levels 1 and 2.

Wednesdays weekly | 2:00-3:00PM
Instructor: Christine Bickson