

GROUP EXERCISE CLASS SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30 VON SMART - Court	9:30 FUNctional Fitness - DR	9:30 FUNctional Fitness - SW	9:30 FUNctional Fitness - DR	9:30 FUNctional Fitness - SW
9:30 FUNctional Fitness - DR	9:30 VON SMART - Straff	9:30 FUNctional Fitness - DR	9:30 VON SMART - Court	9:30 VON SMART - Straff
11:00 FUNctional Fitness - D Legion	10:00 FUNctional Fit - PR Legion	9:30 Ready, Steady, GO! - Vit	10:30 Active Walking - Sim	11:00 FUNctional Fitness - Sim
12:00 Active Walking - PD	10:30 Active Walking - Sim	10:30 Ready, Steady, GO! - Vit	11:30 Ready, Steady, GO! - Sim	12:00 FUNctional Fitness - Sim
1:00 Ready, Steady, GO! - PD	11:30 Ready, Steady, GO! - Sim	11:00 FUNctional Fitness - D Legion	11:00 FUNctional Fitness - D Legion	1:00 FUNctional Fitness - PD C
1:30 FUNctional Fitness - Vit	11:30 FUNctional Fitness - PD	11:00 FUNctional Fitness - Sim	11:30 FUNctional Fitness - PD	2:00 Strength & Balance - PD C
2:30 HealtheSteps - Vit	1:00 Ready, Steady, GO! - SW	12:00 FUNctional Fitness - Sim	1:00 Ready, Steady, GO! - SW	1:30 FUNctional Fitness - Vit
2:30 Ready, Steady, GO! - Wat	2:30 Strength & Balance - DC	12:00 Active Walking - PD	3:30 Ready, Steady, GO! - DC	2:30 HealtheSteps - Vit
	3:30 Ready, Steady, GO! - DC	1:00 Ready, Steady, GO! - PD		
		2:30 Ready, Steady, GO! - Wat		
		2:30 COPD Education Session - DC (first Wed of every month)		
		3:30 Strength & Balance - DC		

For more information please call Abby Malott R. Kin, Health & Wellness Coordinator at **Stonebridge Community Services 519-842-3200 ext. 209** or like our Facebook page



CLASS DESCRIPTIONS

Ready, Steady, GO!: A 12 week falls prevention program intended to progress and/or maintain overall health and functional abilities through exercise and education. Initial assessment and ongoing oversight provided by a regulated health professional. Pre-registration is recommended; however, drop-in participants are always welcome.

FUNCTIONAL Fitness: Drop-in exercise classes designed for individuals who are 55+ and who would like to maintain their overall health and functional abilities. Classes include aerobic, strength, balance, and flexibility exercises. Initial assessment and ongoing oversight provided by a regulated health professional.

Strength & Balance: Drop-in exercise classes designed for individuals who are 55+ and who would like to maintain their overall health, independence, and functional abilities. Classes focus on strength and balance exercises. Initial assessment and ongoing oversight provided by a regulated health professional.

Active Walking: Drop-in walking based exercise classes which include strength, balance, and flexibility exercises. This program includes initial assessment and ongoing oversight by a regulated health professional.

Outdoor Urban Poling May 1- Oct 31

VON SMART (Seniors Maintaining Active Roles Together): Structured to improve balance, cardiovascular health, strength and a general sense of well-being.

HealthSteps: A 12 week healthy lifestyle program intended to progress and/or maintain overall health & functional abilities through exercise, group & individual coaching as well as a weekly walking program. Initial assessment and ongoing oversight provided by a regulated health professional. Pre-registration is required.

ALL CLASSES ARE TAUGHT BY CERTIFIED SENIOR FITNESS INSTRUCTORS OR REGULATED HEALTH PROFESSIONALS.

CLASS LOCATIONS

Court: Courtland United Church
133 Talbot Street **Courtland**

DR: Delrose Retirement Residence
725 Gibralter

DC: Delhi United Church
105 Church Street West

D Legion: Delhi Legion
249 Main Street **Delhi**

PD: Port Dover Lions Community Centre
801 St. George Street

PD C: Grace United Church
18 Chapman St W **Port Dover**

PR Legion: Port Rowan Legion
12 Centre Street **Port Rowan**

Sim: Lisa Naves Dance Company
68 Pond Street **Simcoe**

Straff: Bayham United Church
9279 Duke Street **Straffordville**

SW: The School
67 Queen Street West **St. Williams**

Vit: Vittoria Town Hall
1538 Brock Street **Vittoria**

Wat: Waterford Lions Community Centre
53 West Church Street **Waterford**

FREE

GROUP EXERCISE CLASSES CLOSE TO HOME

Make Healthy Living a Priority



**Proudly provided by Stonebridge Community
Services in partnership with the Tillsonburg
& District Multi-Service Centre**

Stonebridge
Life Care & Wellness

MSG MULTI-SERVICE
CENTRE

*Program funded by the HNHB LHIN
VON SMART classes funded by the S-W LHIN*