



FREE GROUP EXERCISE - CLASS SCHEDULE - AGES 50+

TYPE OF CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
GROUP FITNESS GENTLE L2 Level 2 classes are offered in community settings. The class is designed for those with a moderate level of ability. Class is offered with a mix of both standing and seated exercise options.	10:15 - 11:15 am Friendship Centre	10:15 - 11:15 am Friendship Centre	10:45 - 11:45 am Stone Ridge Apartments	10:15 - 11:15 am Friendship Centre	10:15 - 11:15 am Friendship Centre
	1:30 - 2:30 pm St. Marys YMCA	11:00 am - 12:00 pm Rotary Apartments		11:00 am - 12:00 pm Rotary Apartments	
	1:30 - 2:30 pm Stone Ridge Apartments		1:30 - 2:30 pm Friendship Centre		1:30 - 2:30 pm St. Marys YMCA
GROUP FITNESS L3 Level 3 classes are offered in community settings. The class is designed with a moderate to vigorous level of ability and intensity.	9:00 - 10:00 am Friendship Centre		9:00 - 10:00 am Friendship Centre (Cardio & Core)	9:00 - 10:00 am Friendship Centre	9:00 - 10:00 am Friendship Centre
	9:30 - 10:30 am Thames Valley Community Room			9:30 - 10:30 am Thames Valley Community Room	
	10:00 - 11:00 am Kirkton Community Centre		10:00 - 11:00 am Kirkton Community Centre		
GROUP FITNESS L3 Men's Strength Training	11:30 am - 12:30 pm Friendship Centre		11:30 am - 12:30 pm Friendship Centre		11:30 am - 12:30 pm Friendship Centre

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Class locations, time and days are subject to change. Please arrive with water and running shoes. You will be required to complete a registration form upon arrival. No membership required.

Town of St. Marys and Area Home Support Services | 519-284-3272 | townofstmarys.com



FREE GROUP FITNESS CLASSES

Stop the fall before it starts! These FREE classes are for ages 50+ and/or participants with chronic conditions. Classes will keep you staying well and living independently. Empower yourself with fitness and trust your body with movement to prevent chronic diseases and falls. Live the quality of life you deserve. No membership is required for any of these classes.

The Town of St. Marys Senior Home Support Services will be hosting two FREE Group Fitness and Falls Prevention exercise classes at the YMCA weekly. No membership is required. Participant must register in advance by contacting the Friendship Centre at 519-284-3272.

Classes will begin November 3 and will be offered Mondays and Fridays from 1:30 pm to 2:30 pm This class is a level 2 fitness class.

Retirement Residences Falls Prevention Class - Level 1

Classes are offered in retirement homes (may be open to community members). The class is designed to support improvement for those with limited mobility. The classes are primarily seated with standing components as well.

Wildwood Care Centre - Tuesday at 9:45 am & Friday at 10:00 am
Kingsway Lodge Fairhill Residence - Thursday & Friday at 10:00 a.m.

Group Fitness Gentle - Level 2

This program is a gentler version of Group Fitness - Level 3. This program is for individuals with limited mobility. Strengthening your muscles with help you with daily activities. Achieve your goal of walking for short durations by completing balance, strength and cardio exercises while seated or standing. Participants with higher levels of mobility are welcome.

Group Fitness - Level 3

This group fitness class includes balance, strength and cardio exercises. The class with strengthen your heart, legs and improve your range of motion. The design of this program is for moderate to vigorous levels of intensity. The program uses equipment such as weights and resistant tubing.

Location of Group Fitness Exercise classes

Friendship Centre	L2	L3	317 James St. S., St. Marys
Kingsway Lodge	L1		310 Queen St., St. Marys
Kirkton Community Centre	L3		70497 Road 164, Kirkton
Rotary Apartments	L2		22 St. Andrew St. N., St. Marys
Stone Ridge Apartments	L2		50 Stoneridge Blvd., St. Marys
Thames Valley Retirement Community	L2	L3	30 Ann St., Unit #77, St. Marys
Wildwood Care Centre	L1		100 Ann St., St. Marys
St. Marys YMCA (NEW)	L2		268 Maiden Ln., St. Marys

For more information on other support services or other registered fitness programs at the Friendship Centre and Pyramid Recreation Centre, please contact the Friendship Centre at 519-284-3272.

Town of St. Marys & Area Home Support Services group fitness exercise classes for ages 50+ are funded by the South West Local Health Integration Network.

