



# Fitness and falls prevention classes

There is no charge for these fitness classes.

An annual falls prevention membership is required at no charge.

For details call 519-284-3272 or visit [townofstmarys.com/fallsprevention](http://townofstmarys.com/fallsprevention).

## Schedule - Effective Sept 12, 2022\*

\*Unless otherwise noted\* All these classes are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 		9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 		9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 
10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. 30 mins Lvl 2 - Light Fitness Stone Ridge Apt 	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. 45 mins Lvl 2 - Light Fitness Rotary Apartments 	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 
11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre 	11:00 a.m. 30 mins Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre 	11:15 a.m. 30 mins Lvl 1 - Light Gentle Kingsway Lodge 	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre 
10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall 		10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall 		
1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA 		1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA 		



# Free Falls Prevention Fitness Classes

Town of St. Marys Home Support Services strives to enhance the quality of life of seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently.

**When you register for any of these services including a fitness class a Huron Perth Community Intake Coordinator will phone you, to complete the process. Information is kept confidential and only used to provide organized support services for you. This service will allow you to call one phone number for multiple supports in the future. 1-844-482-7800.**

## How to prepare for the call from Huron Perth Intake Coordinator:

- ✓ have health card ready
- ✓ process takes about 10-15 min
- ✓ have updated health records
- ✓ have emergency contact names and phone numbers available
- ✓ HuronPerth intake is on the call display

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## How to prepare for class:

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle
- ✓ Wear supportive indoor running shoes

## How to register

**[www.townofstmarys.com/fallsprevention](http://www.townofstmarys.com/fallsprevention)** You may also call 519-284-3272 Monday to Friday between 8:00 a.m. and 4:30 pm.

**NOTE:** A paid Friendship Centre membership is not required.

### Level 4 - Men's Strength Training Free

This class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys.

60 minutes



### Level 1 - Various classes Free

The class will help you with everyday tasks around your home, especially if you have limited functional mobility. They are our gentlest classes, focusing on ten basic, primarily seated exercises. Some classes may be small groups (five and under).

Fit at Home - Over the phone

Home Support Exercise Program (HSEP)  
- Instructor comes to your home or a group setting

Falls Prevention HSEP- Group exercise at several locations: Friendship Centre and select retirement communities

Class length varies



### Level 2 – Light Fitness Free

This class will help you complete common tasks that vary in intensity. It includes a seated option with light intensity and weight-bearing exercises and balance component.

30 or 45 mins



### Level 3 – Moderate Fitness Free

This class will help you complete tasks with improved mobility and performance. It includes medium intensity, weight-bearing and resistance exercises with balance component.

60 minutes or 45 mins



### Level 4 – Vigorous Fitness Free

This class will help you to achieve greater state of physical fitness conditioning. It's our most vigorous class and includes higher intensity exercises.

60 minutes

