



Fitness & Falls Prevention Classes

You will need to register for a FREE fitness and falls prevention membership.
 For details call 519-284-3272 or visit townofstmarys.com/fallsprevention.

Schedule - Effective September 2023

All 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 floor work 	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. 45 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
10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Thames Valley 	10:00 a.m. 30 mins Lvl 1 - HSEP Jones St Apt 			10:15 a.m. 30 mins Lvl 1 - Light Gentle Wildwood Care 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 	10:00 a.m. 30 mins Lvl 1 - HSEP Mens Seated 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 	11:00 a.m. 30 mins Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre
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 	11:00 a.m. 30 mins Lvl 1 - Light Gentle Kingsway Lodge 	1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA



Free Fitness & Falls Prevention Classes

Town of St. Marys Home Support Services works to enhance the quality of life of older adults and seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently. **Please register for Home Support services by speaking with Huron Perth Community Intake Coordinator. You can contact them directly at 1-844-482-7800 or wait until they contact you. Once you've registered, call Friendship Centre 519-284-3272, or online (activnet) www.townofstmarys.com to sign up for your service. Your information is confidential and only used to provide support services for you.**

How to prepare for the call from Huron Perth Intake Coordinator

- ✓ Have updated health records
- ✓ Have health card ready
- ✓ Have emergency contact names/numbers available

Huron Perth Intake will show on the call display. The process will take 10 - 15 minutes.

How to prepare for class:

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle
- ✓ Wear supportive indoor running shoes
- ✓ Refrain from wearing perfume/cologne



How to register

Online: www.townofstmarys.com/fallsprevention

Phone: 519-284-3272, Monday to Friday, 8:30 a.m. to 4:30 pm.

Fitness & Falls Prevention Class Locations

- Friendship Centre - 317 James St. S, St. Marys
- Jones Street Apt - 329 Jones St., St. Marys
- Kirkton Hall - 70497 Rd. 164, Kirkton
- Rotary Apt - 22 St. Andrew St. N., St. Marys
- Stone Ridge Apt - 50 Stone Ridge, St. Marys
- Thames Valley - 30 Ann St. #7., St Marys
- YMCA - 269 Maiden Ln., St. Marys

Level 1 - Home Support Exercise Program Free

This Home Support Exercise Program focuses on ten major muscles involved with functional mobility. HSEP volunteer comes to your home, call for an appointment. This program also offered in group settings, at various sites.

Level 1 – Light Gentle 30 mins Free

This class builds muscle endurance through cardiovascular fitness, muscle strengthening and flexibility with balance component, exercises with light gentle intensity option. Seated options available, as well.

Level 2 – Light Fitness 45 mins Free

This class builds muscle endurance through cardiovascular fitness, muscle strengthening and flexibility with balance component, exercises with light intensity option. Seated options available, as well.

Level 3 – Moderate Fitness 45 or 60 mins Free

This class builds muscle endurance through cardiovascular fitness, muscle strengthening and flexibility with balance component, exercises with moderate intensity option.

Level 4 – Vigorous Fitness 60 mins Free

This class builds muscle endurance through cardiovascular fitness, muscle strengthening and flexibility with balance component, exercises with vigorous intensity option. Thursday class uses a mat so exercises can be completed, on the floor.

Men's Strength Free

Workout with the guys two different levels to choose from. L1 HSEP 30 mins 10 functional exercises Thursdays at 10am at Friendship Centre. L4 Vigorous 60 mins M/W/F at Friendship Centre.