



# Wellness Programs

## Falls Prevention Fitness Classes

We also offer classes at Kingsway Lodge Fairhill Residence.  
For details call 519-284-3272 or visit [townofstmarys.com/fallsprevention](http://townofstmarys.com/fallsprevention).

### Schedule - Effective Jan 3, 2022\*

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online 
10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. Lvl 3 - Moderate Fitness Rotary Apartments 	10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. Lvl 3 - Moderate Fitness Rotary Apartments 	10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 
11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 	11:00 a.m. Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 		11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 
10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		
1:30 p.m. Lvl 2 - Light Fitness St. Marys YMCA 		1:30 p.m. Lvl 2 - Light Fitness St. Marys YMCA 	1:00 p.m. Lvl 1 - Home Support Exercise Program (HSEP) Friendship Centre 	
2:00 p.m. Lvl 1 - Fit at Home On the phone 		11:00 a.m. Lvl 1 - Fit at Home On the phone 		

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## Level 1 - Fit at Home (30 min) Free

Our gentlest class is offered over the phone. Our instructors will help you improve your functional mobility with a series of seated exercises. Call zoom number 1-800-703-8985 meeting ID 5192843272, 5 minutes before the start of class.

Mondays at 2:00 p.m. and Wednesdays at 11:00 a.m.

## Level 1 - Light Gentle Fitness (Chair) (30 min) Free

Our gentle class is primarily seated with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Tuesdays at 11:00 a.m.

Registration required. Co-ed

## Level 2 – Light Fitness (45min) Free

This gentle class includes a seated option with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

St. Marys YMCA: Mondays and Wednesdays at 1:30 p.m.

Registration required. Co-ed

## Level 3 – Moderate (45 or 60 mins) Free

Our moderate class includes medium intensity, weight-bearing and resistance exercises. These exercises will help you to complete tasks with improved mobility and performance. Our leader is SFIC (Senior Fitness Instructor Course) certified. Co-ed.

Kirkton Community Centre:  
Mondays & Wednesdays at 10:00 a.m.

Friendship Centre: Mondays, Wednesdays and Fridays at 11:15 a.m.

Rotary Apartments: Tues & Thurs at 10:00 a.m.

Registration required. Co-ed

## Level 4– Men's Strength (60 mins) Free

This class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mondays, Wednesdays and Fridays at 10:00 a.m.

Registration required.

## Level 4– Vigorous Fitness (60 mins) Free

Our most vigorous class includes higher intensity exercises. These exercises will help you to achieve greater state of physical fitness conditioning. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mondays, Wednesdays, Fridays at 9 a.m. in person and on Zoom.

Registration required. Co-ed