

# Exercise Education Program

ACCREDITED BY CANADIAN  
CENTRE FOR ACCREDITATION

Exercise education with a focus on preventing and managing chronic conditions

Spring sessions have 10 classes and begin the week of April 10, 2023.

No classes on Victoria Day May 22, 2023.

Please call 905-303-8490 Ext. 2 for registration information.

Most classes are online via Zoom, some are in-person as indicated.

Requires equipment =

Advanced = ●

Intermediate = ●

Beginner = ●

## Total Body Conditioning



Mondays: 9-10am/10-11am  
Fridays: 10-11am/11-12pm

Mondays April 10, 2023 – June 19, 2023

Fridays April 14, 2023 – June 16, 2023

- An integrative exercise class that will work all areas of the body
- Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

## Zumba For Health



Mondays: 4 pm – 5 pm

April 10, 2023 – June 19, 2023

- Total body workout with all fitness elements
- Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program

## Balance, Stretch

### Relax (BSR)



Mondays 5:15– 6:15 pm

April 10, 2023 – June 19, 2023

- Benefit from balance training and stretching
- It will help releasing tight muscles for improved daily functioning

## Chair Yoga



Thursdays: 2:00– 3:00pm

April 13, 2023 – June 15, 2023

- Aims to provide the opportunity for everyone to learn basic yoga postures
- Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health

## Energize with Exercise



Thursdays: 6:30– 7:30pm

April 13, 2023 – June 15, 2023

- Circuit exercise class with a focus on the prevention and management of chronic conditions
- Improves, balance + coordination, muscular strength + endurance, mobility + flexibility

## Step it Up



Tuesdays: 6:00– 6:45pm

Thursdays: 6:00–6:45 pm

### IN PERSON

Tuesdays April 11, 2023 – June 13, 2023

Thursdays April 13, 2023 – June 15, 2023

- This class incorporates standing and stepping exercises to push your fitness and confidence to the next level

## Low Impact Exercise



Thursdays: 11:00-12:00pm

### IN PERSON

April 13, 2023 – June 15, 2023

- Improve your over all strength and endurance
- Safe and easy to do moments
- Gain confidence and ability to progress to more intense programs

Please note class days and timings may change. Every effort will be made to notify clients prior to class start

## How To Register

- 1) For more information call Vaughan CHC – Chronic Disease Centre 905 303 8490 ext. 2
- 2.) Participants will be screened for eligibility, i.e., age of participant and program of interest
- 3.) Eligible participants will be invited for in-person registration to...
  - a) be screened by a Registered Kinesiologist who will ensure participant is cleared for group exercise, and determine the appropriate program(s) for each participant;
  - b) complete registration forms.



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905-303-8490 ext. 2



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