

# Exercise Education Program

ACCREDITED BY CANADIAN CENTRE FOR ACCREDITATION

Exercise education with a focus on preventing and managing chronic conditions

Fall/Winter sessions have **20 classes** and begin the week of **October 7, 2024**.

**No classes on Thanksgiving Day - October 14, 2024.**


**Family Day - February 17, 2025**

**Holiday Break: December 23, 2024 - January 3, 2025**

**Please call 905-303-8490 ext. 2 for registration information.**

**Address: 9401 Jane Street #206, Vaughan, ON L6A 4H7 Entrance B**

**\*\*\*Please note class days and timings may change. Every effort will be made to notify clients prior to class start  
Most classes are online via Zoom and some are in person as indicated.**

Zoom = 

Requires equipment =

Advanced = 

Intermediate = 

Beginner = 

## Total Body Conditioning



**Mondays:** 9-10am/10-11am  
**Thursdays:** 5:15pm-6:15pm  
**Fridays:** 10-11am/11-12pm

**Mondays:** October 7, 2024 – March 17, 2025

**Thursdays:** October 10, 2024 - March 6, 2025

**Fridays:** October 11, 2024 - March 7, 2025

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

## Step It Up



**Tuesdays:** 6:00pm-6:45pm  
**Thursdays:** 6:00pm-6:45 pm

**In Person**

**Tuesdays:** October 8, 2024 – March 4, 2025

**Thursdays:** October 10, 2014 – March 6, 2025

- This full body fitness class incorporates resistance training and cardiovascular training all in one.
- This program is meant to be a “step up” from the other classes available in the Chronic Disease Centre

## Low Impact Exercise



**Thursdays:** 11am-12pm

**In Person**

**Thursdays:** October 10, 2024 - March 6, 2025

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

## Chair Yoga



**Wednesdays:** 2pm-3pm

**Wednesdays:** October 9, 2024 - March 5, 2025

- 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:** 6:30pm-7:30pm

**Thursdays:** October 10, 2024 - March 6, 2025

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

## Registration Information:

*This flyer is available in an alternative format*

1. For more information call Vaughan CHC – Chronic Disease Centre 905 303 8490 ext. 2  
9401 Jane Street #206, Vaughan, ON L6A 4H7 Entrance B
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

 @vaughan\_chc

 vaughan.vchc

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 www.vaughanchc.com