

A Different Kind of Healthcare

# Exercise Education Program

ACCREDITED BY CANADIAN  
CENTRE FOR ACCREDITATION

*Exercise education with a focus on preventing and managing chronic conditions*

Spring session has **10 classes** and begins the week of **April 14, 2025**.

**No classes on Good Friday - Apr 18, 2025**

**Victoria Day - May 19, 2025**

**Canada Day - July 1, 2025**

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

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

**Most classes are online via Zoom and some are in person as indicated.**

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

Zoom =  Requires equipment =  Advanced =  Intermediate =  Beginner = 

## Total Body Conditioning



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

Mondays April 14, 2025 - June 23, 2025  
Thursdays April 17, 2025 - June 19, 2025  
Fridays April 25, 2025 - June 27, 2025

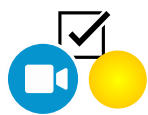
- An integrative exercise class that will work all areas of the body
- Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

## Low Impact Exercise In Person Thursdays: 11am-12pm

Thursdays May 8, 2025 - July 10, 2025

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

## Energize With Exercise



Thursdays: 6:30pm-7:30pm

Thursday: April 17, 2025 - June 19, 2025

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

## Total Body Conditioning



Tuesdays: 1pm-2pm /  
2:15pm-3:15pm  
Location: 9401 Jane St #106

Tuesdays April 15, 2025 - June 17, 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

Tuesdays May 6, 2025 - July 15, 2025  
Thursdays May 8, 2025 - July 10, 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

## Chair Yoga



Wednesdays: 2pm-3pm

Wednesdays April 16, 2025 - June 18, 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

*This flyer is available in an alternative format*

## Registration Information

- 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.

 [@vaughan\\_chc](https://twitter.com/vaughan_chc)

 [vaughan.vchc](https://www.facebook.com/vaughan.vchc)

 [@vaughancommunityhealthcentre](https://www.instagram.com/vaughancommunityhealthcentre)

 [www.vaughanhc.com](http://www.vaughanhc.com)