

## Chronic Disease Management Classes at the Canada Games Complex

**\*These are follow up programs that require a referral**

### **Bari-Active**

Bari-Active is a partnership between the Regional Bariatric Care Centre in the Medical Centre and the Canada Games Complex. This class goes through 3 cycles of resistance training followed by 10 minutes of cardio on an exercise machine. The class prioritizes larger muscle groups to get the whole body working.

Monday/Wednesday 6:45-8:15pm - Saskatchewan and Manitoba room  
\$7/class paid in 5-6 week increments

### **Chronic Pain Management**

Chronic Pain Management is a partnership between the Chronic Pain Management Program at St. Joseph's Care Group and the Canada Games Complex. The participants are taken through a guided warm up and resistance training routine followed by cardiovascular component on the exercise machines and cool down.

Wednesday/Friday 9-10am - Ontario room and MTA 3  
\$2/class paid in 12 week increments

### **Fitness for Breath**

Fitness for Breath is a partnership between the Lung Association, the Pulmonary Rehabilitation Program at St. Joseph's Care Group Thunder Bay and the Canada Games Complex. It is a supervised exercise class for individuals with chronic lung disease such as COPD, severe asthma and pulmonary fibrosis. This exercise maintenance program is designed as post-rehabilitation. Participants learn the importance of staying active for life and the health benefits of exercise. The program motivates participants to maintain an active lifestyle, helps to manage their lung disease and to continue the gains received from their participation in pulmonary rehabilitation. The overall goal being less pulmonary distress and hospitalizations and a better quality of life.

Monday/Wednesday 1-2:30pm - Saskatchewan and Manitoba room  
\$7/class paid in 5-6 week increments

### **Healthy Hearts**

Healthy Heart is a partnership between the Rehabilitation and Healthy Lifestyle Program at the Thunder Bay Regional Health Science Centre and the Canada Games Complex. Our goal is to provide a time and a place for people with various heart conditions to be physically active and build a healthy habit under supervision. We provide participants with an accessible and safe environment to benefit from the effects of exercise.

Monday/Wednesday/Friday 8am, 9:15am, 10:30am OR 5:30pm for 1 hour  
Tuesday/Thursday 9-10:30am OR 2:30-4pm - Saskatchewan and Manitoba room  
\$563.90 + HST paid in 3, 4 or 6 month increments depending on time of year OR direct deposit  
\$56.39 + HST monthly for 10 months  
Payment includes full access to facility including gym, drop in classes and pool use

### **Keep Moving With Mixed Neuro**

Keep Moving with Mixed Neuro is a partnership between Neurology Outpatient at St. Joseph's Care Group Thunder Bay and the Canada Games Complex. Participants range in ability levels due to conditions such as Parkinson's, MS and brain injuries. The class focuses on seated exercise incorporating cardio and strength exercises, with a few standing balance exercises. This supervised class aims to create a safe and fun way to exercise in a group environment.

Monday/Wednesday 10:45-11:45am - Quebec room  
\$6/class paid in 5-6 week increments

### **Keep Moving with Stroke**

Keep Moving with Mixed Neuro is a partnership between Neurology Outpatient at St. Joseph's Care Group Thunder Bay and the Canada Games Complex. The goal of this class is to help participants maintain their independence. Stroke survivors perform cardio, strength, flexibility, balance and mobility exercises in a group setting. Participants are supervised and guided through exercises which aid in overcoming the daily challenges of living with a stroke.

Tuesday/Thursday 10:45-11:45am - Quebec room  
\$6/class paid in 5-6 week increments

### **WE-Can**

WE-Can is a partnership between the Regional Cancer Care Northwest, Lakehead University School of Kinesiology and the Canada Games Complex. This program is for cancer patients in active treatment or up to five years post treatment. Participants start with an aerobic warm up and moves into a progressive strength component in a supportive group environment. Education on physical activity, nutrition and home-based exercise is also provided.

10 weeks – Tuesday/Thursday 11am-12:30pm  
Saskatchewan and Manitoba room  
FREE