



HEALTH AND WELLNESS PROGRAMMING



TRY IT NOW!

Senior Spin

- A funky spin class for older adults to keep in shape!
- Monday & Wednesday Afternoon

Morning Bootcamps

- Get up and go for those early birds who want to get a work out in the morning
- Tuesday/Thursday 6:00AM ONT

Muscle Conditioning

- Target your muscles, large and small to get your heart going!
- Monday & Friday 12:15 to 1:00PM QUE

Zumba

- Party on at the CGC 3 nights a week!
- Monday 8PM, Tuesday 7PM & Thursday 7:30PM

Keep Moving Series:

Classes for people who have mixed neurological conditions or have had a stroke.

Entry requires screening by SJCG.

For more information please contact Kyla at 346-2334

- Mixed Neuro – Mon/Wed 10:45AM
- Stroke – Tue/Thu 10:45AM

WE-Can Program

A wellness & exercise program for people living with cancer.

10 week program led by qualified instructors in a supportive environment
For more information contact Kelly-Jo Gillis at gillisk@tbh.net or 684-7221

WE-Did

The graduate program for WE-Can so you can keep developing your healthy, active lifestyle.

If interested contact Andrew Koscielniak at akosciel@lakeheadu.ca or 632-1222

Intensity Key - You will see this number in brackets by the type of class

- (6) - Appropriate for participants with symptoms that may limit activity (fatigue) may need referral
- (7) - Appropriate for people with well controlled medical conditions
- (8) - Low/light and appropriate for beginners.
- (9) - Moderate level of intensity. You should be able to work continuously for 20min at a comfortable pace
- (10) - Not appropriate for beginners. Aerobic portion will exceed 20min. Must be accustomed to vigorous exercise.
- (11) - Very vigorous class. Participants should be athletic and participate in regular higher intensity exercise