

# Village Fitness

## Reach Your Fitness Potential.

**1:1 Fitness Centre appointments are available to help you establish an individualized exercise program or provide support with our equipment.**

Please contact **Nancy Munn**, Registered Kinesiologist, to join.  
[nmunn@luthervillage.org](mailto:nmunn@luthervillage.org) or 519-783-3236 x1265

All fitness programs require completion of the *Fitness Program and Facility Waiver and Release* prior to participation. Please see the monthly activities calendar to confirm dates and locations.

### *Movement Program:*

Individualized exercise program focusing on maintaining and improving movement. Regular appointments with Hailey and homework exercise provided.

**Wednesdays — 10:00 to 11:30 a.m.  
in the Fitness Centre.**

### *Gentle Strength:*

A gentle exercise program focusing on strength and range of motion. All exercises are completed while seated.

**Mondays — 10:30 to 11:00 a.m. in  
the Fitness Centre.  
Virtual and In-person**

### *Mixed Strength:*

A moderate intensity muscle strengthening class with seated and standing exercises.

**Tuesdays — 11:00 to 11:30 a.m. in  
the Chapel.  
Virtual and In-person**

### *Mixed Strength Focusing on Balance:*

Emphasis is placed on muscles and coordination movements that help support balance. In-person is recommended. Specific balance exercises are included.

**Thursdays — 11:00 to 11:30 a.m. in  
the Chapel.  
Virtual and In-person**

### *Higher Intensity Strength:*

A higher intensity workout using interval training and compound exercises to increase your heart rate and challenge your muscles.

**Tuesdays and Thursdays — 9:30 to  
10:00 a.m. in the Chapel.  
Virtual and In-person**

### *Yoga:*

On Tuesdays, a series of standing sequences and poses to promote strength, balance and flexibility. On Thursdays, a series of gentle floor poses to promote flexibility, and relaxation (bring your own mat).

**Tuesdays and Thursdays — 10:15 to  
10:45 a.m. in the Chapel.  
Virtual and In-person**

*Current IPAC precautions – all in-person participants must be fully vaccinated, wear a mask and participate in active screening prior to entering the room.  
Thank you for your cooperation.*