



Reach Your Fitness Potential.

June 2022 Fitness

All Fitness Programs require completion of the *Fitness Program and Facility Waiver and Release* prior to participation. **Locations:** Fitness Centre: FC, Chapel: CH, Multipurpose Room Patio: MPR-P, Green space near GV mailboxes: O, Atrium Entrance: A.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-12:30 Fitness Centre 1:1	9:30 Higher Intensity Strength (CH or MPR-P)	Sunshine Centre Appointments and programs	9:30 Higher Intensity Strength/Circuit (CH or A)	9:30-12:30 Fitness Centre 1:1
11:15 Gentle Strength (FC)	10:15 Yoga (CH or MPR-P)		10:15 Yoga (CH or O)	11:15 Gentle Strength (FC)
*No programs Monday June 20th	11:00 Mixed Strength (CH or MPR-P)		11:00 Mixed Strength (CH or MPR-P)	

All indoor fitness classes have an in-person and a virtual option available. Current IPAC: Residents are no longer required to wear face coverings in the Atrium, however, as a precaution, you are strongly encouraged to continue wearing a mask in common areas of the building. Guidelines may change as needed.

Fair-weather outdoor classes:

- Temp is above 12°C and not more than 26°C
- No rain at the start of class/no thunderstorm warning
- Classes will be indoors if there is a heat/smog/air quality/humidex advisory

*For more information, please contact Nancy Munn, Fitness Coordinator
519-783-3236 ext. 1265
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Summer Fitness Class Descriptions

Weather-permitting, classes will run outside in various locations around Luther Village. See the calendar (reverse page) for locations.

Gentle Strength

A gentle exercise program focusing on strength and range of motion. All exercises are completed while seated and take place in the Fitness Centre.

Mixed Strength

A moderate intensity muscle strengthening class with seated and standing exercises. Outdoor classes will focus on a full-body strength workout and indoor classes will place more emphasis on balance and coordination exercises.

Higher Intensity Strength

A higher intensity workout using interval training and compound exercises to increase your heart rate and challenge your muscles. The Thursday outdoor circuit encompasses a fast-paced walk through the Luther Village grounds, with strength exercises along the way.

Yoga

Outdoor yoga programs will use standing poses and sequences to promote strength, balance and flexibility. Props and support (chairs) are not used.

Indoor yoga programs will focus on floor-based poses, with some standing poses. A mat is recommended and chairs are available for support.

Fit Tip: when exercising outdoors in warm weather try to avoid times with heat and air quality advisories. Stay well hydrated, wear sunscreen, a hat and sunglasses. Listen to your body, decrease your intensity and duration as needed and if you feel unwell, stop exercising, let someone know, move to a shaded area and rehydrate.

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