



Reach Your Fitness Potential.

*August 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 Appoint- ments 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)
<b>*No programs August 1—Civic Holiday</b>	11:00 Mixed Strength (CH or MPR-P)		11:00 Mixed Strength (CH or MPR-P)	
<b>*No programs Aug 8 and 29</b>	<b>* Aug 23rd JOY from Movement Workshop Great Hall @ 2:30</b>			

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.

*For more information, please contact Nancy Munn, Fitness Coordinator  
519-783-3236 ext. 1265  
nmunn@luthervillage.org*



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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.

Check out the interesting activities, materials and displays around Luther Village focusing on **JOY** this month.

Join us on August 23rd at 2:30 in the Great Hall for a workshop exploring how movement and exercise can promote JOY.

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