



Reach Your Fitness Potential.

September 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 Sept 5th, Labour Day	11:00 Mixed Strength (CH or MPR-P)		11:00 Mixed Strength (CH or MPR-P)	
	*Sept 20th 8am-noon Programs cancelled and FC closed for planned power outage		<p>Fitness Centre Painting!!! The Fitness Centre areas will be closed for a few days this month for painting.</p> <p>Sept 8— changerooms & swirl pool closed Sept 13-15—entire Fitness Centre -gym area, changerooms & swirl pool closed</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.

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

Wellness Themes of the Month

Alzheimer's Awareness

National Day for Truth and Reconciliation

Check out the activities calendar for events and the display window near the Sunshine Café.



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