

# Exercise Education Program

ACCREDITED BY CANADIAN  
CENTRE FOR ACCREDITATION

*Exercise education with a focus on preventing and managing chronic conditions*

Fall/Winter sessions have 20 classes and begin the week of October 10, 2023.

No classes: Thanksgiving Day October 9, 2023 & Family Day February 19, 2024  
Holiday Break: December 20, 2023 – January 2, 2024

Please call 905-303-8490 Ext. 2 for registration information.  
Most classes are online via Zoom, some are in-person as indicated.

Requires equipment =       Advanced = ●      Intermediate = ●      Beginner = ●

## Total Body Conditioning

Mondays: 9-10am/10-11am  
Thursdays: 5:15pm-6:15pm  
Fridays: 10-11am/11-12pm

Mondays October 16, 2023 – March 18, 2024  
Thursday October 12, 2023 – March 7, 2024  
Fridays October 13, 2023 – March 8, 2024

- An integrative exercise class that will work all areas of the body
- Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

## Low Impact Exercise

● Thursdays: 11:00-12:00pm

### IN PERSON

October 12, 2023 – March 7, 2024

- Improve your overall strength and endurance
- Safe and easy to do moments
- Gain confidence and ability to progress to more intense programs

## Energize with Exercise

● Thursdays: 6:30– 7:30pm

October 12, 2023 – March 7, 2024

- Circuit exercise class with a focus on the prevention and management of chronic conditions
- Improves, balance + coordination, muscular strength + endurance, mobility + flexibility

## Step it Up

● Tuesdays: 6:00– 6:45pm  
Thursdays: 6:00-6:45 pm

### IN PERSON

Tuesdays October 10, 2023 – March 5, 2024  
Thursdays October 12, 2023 – March 7, 2024

- This class incorporates standing and stepping exercises to push your fitness and confidence to the next level

## Chair Yoga

● Wednesdays: 2:00-3:00pm

October 11, 2023 – March 6, 2024

- Aims to provide the opportunity for everyone to learn basic yoga postures
- Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health

\*\*\*Please note class days and timings may change. Every effort will be made to notify clients prior to class start

## How To Register

- 1) For more information call Vaughan CHC – Chronic Disease Centre 905 303 8490 ext. 2
- 2.) Participants will be screened for eligibility, i.e., age of participant and program of interest
- 3.) Eligible participants will be invited for in-person registration to...
  - a) be screened by a Registered Kinesiologist who will ensure participant is cleared for group exercise, and determine the appropriate program(s) for each participant;
  - b) complete registration forms.



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905-303-8490 ext. 2



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