

# Exercise Education Program

*Exercise education with a focus on preventing and managing chronic conditions*  
Spring sessions have **10 classes** and begin the week of **April 8, 2024.**  
**No classes on Victoria Day - May 20, 2024.**

**Please call 905-303-8490 ext. 2 for registration information.**  
**Address: 9401 Jane Street, Vaughan, ON L6A 4H7 Entrance B**


**\*\*\*Please note class days and timings may change. Every effort will be made to notify clients prior to class start**  
Most classes are online via Zoom and 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 April 8, 2024 - June 17, 2024

Fridays April 12, 2024 - June 14, 2024

Thursdays April 11, 2024 - June 13, 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 11am-12pm

In Person

Thursdays April 11, 2014 - June 13, 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 6:30pm-7:30pm

Thursdays April 11, 2024 - June 13, 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: 6:00pm- 6:45pm  
Thursdays: 6:00pm-6:45 pm

In Person

Tuesdays April 9, 2024 - June 11, 2024

Thursdays April 11, 2014 - June 13, 2024

- This full body fitness class incorporates resistance training and cardiovascular training all in one.
- This program is meant to be a "step up" from the other classes available in the Chronic Disease Centre

**Chair Yoga**   Wednesdays 2pm-3pm

Wednesdays April 10, 2024 - June 12, 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

## Registration Information:

*This flyer is available in an alternative format*

- 1) For more information call Vaughan CHC - Chronic Disease Centre 905 303 8490 ext. 2  
9401 Jane Street, Vaughan, ON L6A 4H7 Entrance B
- 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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 www.vaughanchc.com