

POP UP OUTDOOR EXERCISE CLASSES

Wednesdays @ 10:00 am

Walking Group

Walks will take place around the Village property. Please bring your walking poles/walker/cane as preferred.

Thursdays @ 9:30 am

Higher Intensity Strength

Exercises are faster-paced, using a 45 second work:15 second active rest ratio. All exercises are done standing, without chairs.

Thursdays @ 10:15 am

Standing Flow/Yoga

A yoga-inspired workout focusing on strength and stretching. All poses done in standing.

Thursdays @ 11:15 am

Mixed Strength

Strength class using a mixture of standing and seated exercises, with more modifications offered. Bring your purple exercise ball if you have one.

See over for details



POP UP OUTDOOR EXERCISE CLASSES

Hello Village Fitness Participants 😊

We will be opening up a few outdoor exercise classes beginning the week of June 14th.

Outdoor classes will run weather-permitting. Check The Weather Network before heading to class – classes will not run if the temperature is above 26 degrees C (80F) or if there is a heat/humidex/air quality warning. Maximum class size is 10 people (including instructor). We encourage you to wear sunscreen and a hat, bring a water bottle, and wear your mask. See over for outdoor class descriptions.

Wednesdays 10:00am Walking Group (meet outside the main doors to the Atrium)

Thursdays 9:30am Higher Intensity Strength (sidewalk area north of GV mailbox Gazebo)

10:15am am Flow/Yoga (sidewalk area north of GV mailbox Gazebo)

11:15am Mixed Strength (MPR patio)

If you are already attending Virtual Classes, the invite will adjust to the new day. If you are new to virtual classes and would like to join, please contact Nancy. Virtual Classes will move to the following schedule:

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| Tuesdays | 9:30am Higher Intensity Strength |
| | 10:30am Mixed Strength |
| | 11:30am Flow/Yoga |
| | 2:00pm Gentle Seated Exercise |
| Fridays | 11:15am Gentle Seated Exercise |

Thank you,

Nancy Munn, R.Kin, Fitness Coordinator
519-783-3236 x-1265 nmunn@luthervillage.org

Lindsie Driver, Recreation Coordinator
519-783-3236 x-2031, ldriver@luthervillage.org

