



January 2024

Fitness Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Fitness Centre (FC) Great Hall (GH) Resident Suite (RS) SC 1st Floor Hall (SC-1) Chapel (Ch)	New Year's Day 1	2 9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH)	3 9:30 Sunshine Appointments (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	4 9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	5 9:30 SMART high Intensity (GH) 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	6
7	8 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)	9 9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH)	10 9:30 Sunshine Appointment (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	11 9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	12 9:30 SMART high Intensity (GH) 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	13
14	15 Colourful Monday 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC) 2:30 Falls Prevention Series: Home Safety (Ch)	16 9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH) 2:30 Mental Health & Wellbeing Presentation (GH)	17 9:30 Sunshine Appointment (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	18 9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	19 9:30 SMART high Intensity (GH) 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	20



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21	22 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)	23 9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH)	24 9:30 Sunshine Appointment (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	25 9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	26 9:30 SMART high Intensity (GH) 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	27
28	29 9:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)	30 9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH)	31 9:30 Sunshine Appointment (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)			

Locations Legend

Fitness Centre (FC)
 Great Hall (GH)
 Resident Suite (RS)
 SC 1st Floor Hall (SC-1)
 Chapel (Ch)

Our Wellness theme this month is Mental Health & Wellbeing.
 Check out the displays and resources at the Wellness Centre
 and display cabinet near the Sunshine/AS double doors.
 Please see the calendars for special events.

For more information about fitness
 programs or the Fitness Centre,
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