



March 2024

Fitness Calendar



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)		Our Wellness themes this month are Women's History and Health. Check out the displays and resources at the Wellness Centre and display cabinet near the Sunshine/AS double doors. Please see the calendar for special events. Our Falls Prevention and Nutrition presentations are open to all residents.			8:30 to 2:30pm 1 Fitness Centre 1 to 1 (FC) 9:30 SMART high Intensity (GH) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	2
3	8:30 to 2:30pm 4 Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)	9:30 Higher Intensity Strength (GH) 5 10:30 Seated Exercise (GH)	9:30 Sunshine Appointments (RS) 6 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	9:15 Yoga (GH) 7 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	International Women's Day 8 9:30 SMART high Intensity (GH) 10:30 SMART low intensity (GH) Nancy's programs (Fitness Centre & Class) cancelled today	9
10	8:30 to 2:30pm 11 Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)	9:30 Higher Intensity Strength (GH) 12 10:30 Seated Exercise (GH)	9:30 Sunshine Appointment (RS) 13 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)	9:15 Yoga (GH) 14 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	8:30 to 2:30pm 15 Fitness Centre 1 to 1 (FC) 9:30 SMART high Intensity (GH) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)	16



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<div>17</div> <div></div>	<div>18</div> <div>8:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC) 2:30 Falls Prevention Series: Muscle and Bone Health (Ch)</div>	<div>19</div> <div>9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH) 2:00 Nutrition & Aging Presentation - UofW (Ch)</div>	<div>20</div> <div>9:30 Sunshine Appointmen (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)</div>	<div>21</div> <div>9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)</div>	<div>22</div> <div>8:30 to 2:30pm Fitness Centre 1 to 1 (FC) 9:30 SMART high Intensity (GH) 10:30 SMART low intensity (GH) 11:15 Gentle Strength Class (FC)</div>	<div>23</div> <div></div>
<div>24</div> <div></div>	<div>25</div> <div>8:30 to 2:30pm Fitness Centre 1 to 1 (FC) 11:15 Gentle Strength Class (FC)</div>	<div>26</div> <div>9:30 Higher Intensity Strength (GH) 10:30 Seated Exercise (GH)</div>	<div>27</div> <div>9:30 Sunshine Appointmen (RS) 10:00 Indoor Walking Group (SC-1) 2:00 Wednesday afternoon refresh (FC)</div>	<div>28</div> <div>9:15 Yoga (GH) 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)</div>	<div>29</div> <div>Good Friday No fitness programs today</div>	<div>30</div> <div></div>
<div>31</div> <div></div>	<div>April 1st Easter Monday No Fitness Programs Today</div>			<div>For more information about fitness programs or the Fitness Centre, contact Nancy Munn, R.Kin 519-783-3236 x-1265 nmunn@luthervillage.org</div>		