




April 2024

Fitness Programs




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Easter Monday 1	9:30 Higher Intensity Strength (GH) 2 10:30 Seated Exercise (GH)	10:00 Indoor Walking Group (SC-1) 3 2:00 Wednesday afternoon refresh (FC)	9:15 Yoga (GH) 4 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	8:30 to 2:30pm Fitness Centre 1:1 (FC) 5 9:30 SMART high Intensity (GH) 10:15 1:1 Fitness (RS) 10:30 SMART low intensity (GH) 11:15 Gentle Strength (FC)	6
	7	8:30 to 2:30pm Fitness Centre 1:1 (FC) 8 11:15 Gentle Strength (FC)	9:30 Higher Intensity Strength (GH) 9 10:30 Seated Exercise (GH)	10:00 Indoor Walking Group (SC-1) 10 2:00 Wednesday afternoon refresh (FC) 3:30 to 4:30 PM - 1:1 Fitness (RS)	9:15 Yoga (GH) 11 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	8:30 to 2:30pm Fitness Centre 1:1 (FC) 12 9:30 SMART high Intensity (GH) 10:15 1:1 Fitness (RS) 10:30 SMART low intensity (GH) 11:15 Gentle Strength (FC) 3:30 to 4:30PM - 1:1 Fitness
10:15 Indoor Walking Group (SC-1) 14 NEW!	8:30 to 2:30pm Fitness Centre 1:1 (FC) 15 11:15 Gentle Strength (FC) 2:30 Falls Prevention Series: Blood Pressure (Ch)	9:30 Higher Intensity Strength (GH) 16 10:30 Seated Exercise (GH) 2:30 Neurofunctional Well-Being Presentation (GH) 3:00 Volunteer Appreciation Drop-In (ML)	3:30 to 4:30 PM - 1:1 Fitness (RS) 17	10:30 Seated Exercise (GH) 18	8:30 to 2:30pm Fitness Centre 1:1 (FC) 19 9:30 SMART high Intensity (GH) 10:15 1:1 Fitness (RS) 10:30 SMART low intensity (GH) 11:15 Gentle Strength (FC) 3:30 to 4:30PM - 1:1 Fitness	12:30 to 2:00PM - 1:1 Fitness (RS) 20



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10:15 Indoor Walking Group (SC-1) 21	8:30 to 2:30pm Fitness Centre 1:1 (FC) 22 11:15 Gentle Strength (FC)	9:30 Higher Intensity Strength (GH) 23 10:30 Seated Exercise (GH)	9:00 Indoor Walking Group (SC-1) 24 9:45 DROM (GH) NEW! 2:00 Wednesday afternoon refresh (FC) 3:30 to 4:30 PM - 1:1 Fitness (RS)	9:15 Yoga (GH) 25 10:30 Seated Exercise (GH) 12:30 Motion Control Program (FC)	8:30 to 2:30pm Fitness Centre 1:1 (FC) 26 9:30 SMART high Intensity (GH) 10:15 1:1 Fitness (RS) 10:30 SMART low intensity (GH) 11:15 Gentle Strength (FC) 3:30 to 4:30PM - 1:1 Fitness	12:30 to 2:00PM - 1:1 Fitness (RS) 27
10:15 Indoor Walking Group (SC-1) 28	8:30 to 2:30pm Fitness Centre 1:1 (FC) 29 10:15 to 12:15PM - 1:1 Fitness (RS) 11:15 Gentle Strength (FC)	9:30 Higher Intensity Strength (GH) 30 10:30 Seated Exercise (GH)	April Updates: Walk Group - program cancelled April 17th and then moves to 9am as of April 24th, PLUS an additional walking group has been added for Sunday mornings beginning April 14th DROM begins April 24th 1:1 Fitness Appointment blocks (outside of FC) now show on the calendar, booking requests go to Nancy			
	Steps for Kids is coming May 8th, walk with LVP Staff & the Wellness Team and celebrate LVPs support for Lutherwood		For more information about fitness programs or the Fitness Centre, contact Nancy Munn, R.Kin 519-783-3236 x-1265 nmunn@luthervillage.org			<u>Locations Legend</u> Great Hall (GH) Fitness Centre (FC) Resident Suite (RS) SC 1st Floor Hall (SC-1) Chapel (Ch) Muskoka Lounge (ML)