

March 2023

Program for Active Living: Retirement

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 10:30am Hand eye coordination class
5	6 10:30am Emmas Ex Factor 11am Strength and Stretch with weights (ER)	7 10:30am Egerton ex Factor 11am Intermediate exercise class with Weights (ER)	8	9	10 11am Lower body weight strength class (ER)	11
12	13	14	15 11am Intermediate exercise class with Weights (ER)	16 11am Intermediate exercise class with Weights (ER)	17	18 10:30am Hand eye coordination class
19	20 10:30am Emmas Ex Factor 11am Strength and Stretch with weights (ER)	21 10:30am Egerton ex Factor 11am Intermediate exercise class with Weights (ER)	22 11am Intermediate exercise class with Weights (ER)	23	24 11am Lower body weight strength class (ER)	25
26	27 10:30am Emmas Ex Factor 11am Strength and Stretch with weights (ER)	28 10:30am Egerton ex Factor 11am Intermediate exercise class with Weights (ER)	29	30 11am Intermediate exercise class with Weights (ER)	31 11am Lower body weight strength class (ER)	
						See back page for class information!

Strength and Stretch with Weights-30mins

- Using dumbbells for exercise, a good intro for beginners. This class entails a full body workout and can be a good start if you have not done exercise in a while. We start with a warm up, then upper body, lower body, and a cooldown.

Intermediate Class with Weights-30mins

- This class contains more repetition, and introducing compound movements.
- Continue to use dumbbells and has the same format of warm up, upper body, lower body, and a cooldown.
- Balance will be challenged a bit more compared to strength and stretch.

Hand-eye Coordination-30mins

- Standing throughout the whole class. Residents who relies a lot on their walker will have a difficult time with some of the movements but still welcome to try!
- Using yoga balls, bouncy balls, and other equipment to practise full body muscle recruitment and spatial awareness.
- To test and challenge your accuracy and coordination!

Lower body weight strength class-30mins

- Using dumbbells for exercise, a good intro for beginners. This class entails a lower body workout with some compound movements. We start with a warm up, all lower body, and a cooldown.

Chair Yoga-20mins

- This class is primarily stretching and range of motion (ROM). Being one with our body we go through a series of stretches.
- Some core activation, balance, and mindfulness at the end.

Blue Band

Green Band

Red Band

Yellow Band



Hardest

Medium

Medium

Easiest