

JULY

Neighbourhood Name

Locations:

TH=TOWNHALL

HS= HOBBY SHOP

PATIO= OUSIDE MAIN TERRACE

FITNESS CENTER: LOWER LEVEL

WR= WATERFALL ROOM 2ND FLOOR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day NO PAL PROGRAM TODAY. 	2 11am: Legs/Standing Class (TH)	3 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	4 11am: Flexibility and Stretching (TH)	5 11am: Seated Volleyball (TH)
6 11am: Seated Yoga and mindfulness (WR)	7 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	8 11am: Exercise Thera Bands Class (HS)	9 11am: Seated Zumba (TH) 3pm: Sun Fun & Stretch (PATIO)	10 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	11 11am: Flexibility and Stretching (TH) 	12 NO PAL PROGRAM TODAY.
13 NO PAL PROGRAM TODAY.	14 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	15 11am: Exercise Thera Bands Class (TH)	16 11am: Legs/Standing Class (TH) 	17 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	18 11am: Flexibility and Stretching (TH)	19 11am: Balance class (TH)
20 11am: Seated Yoga and mindfulness (WR) 	21 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	22 11am: Exercise Thera Bands Class (TH)	23 11am: Legs/Standing Class (TH) 3pm: Sun Fun & Stretch (PATIO)	24 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	25 11am: Flexibility and Stretching (TH)	26 NO PAL PROGRAM TODAY.
27 NO PAL PROGRAM TODAY.	28 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	29 11am: Exercise Thera Bands Class (TH) 	30 11am: Legs/Standing Class (TH)	31 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)		

Exercise Thera Bands Class-30mins

Using therapy bands 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.

Legs/ Standing Class -30mins

This class is focused on a few standing exercises. IF YOU FEEL UNBALANCED you are able to participate while seated but some exercises will be modified.

Upper Body and Weights- 30mins

Using dumbbells for exercise while seated. This class entails a upper body workout with some compound movements. We start with a warm up, focus on our arms and core, then a cooldown. .

Flexibility & Stretching Class-30mins

This class is primarily stretching and range of motion with repetitive movements. Being one with our body we go through a series of stretches. Using breathing techniques to further increase flexibility.

Sun Fun & Stretch: July 9th and 23rd at 3:00 PM

Enjoy a full-body, mindful outdoor exercise class.

Weather permitting. Wear comfortable clothes and bring water.

Seated Volleyball: July 5th at 11 AM

Join us for a friendly game, great for staying active, having fun, and connecting with others. No experience needed! Just bring your game face, a water bottle, and a willingness to enjoy some friendly competition. Everyone is welcome!

Seated Zumba: July 9th at 11 AM, A lively chair-based dance workout that boosts heart health, flexibility, and mood with Latin-inspired music and moves.

Alternating Weekends : 25-30 mins

- **Balance Class:** Practicing some lower leg balance with coordination of our upper body. Residents who rely a lot on their walker will have a difficult time with some of the movements but still welcome to try!
- **Seated Yoga:** Performing some seated yoga exercises with Breathing techniques while sitting. Focused on relaxation.

Falls Prevention – Lifemark: A 12-week program combining education and exercise to reduce fall risks and improve safety and strength in older adults.

Pump it Up – Lifemark: A higher-intensity, standing-based workout using equipment to boost strength, flexibility, and endurance.

Seated Dance – Lifemark: A fun, music-based seated exercise class that enhances mobility, core strength, and mood.