

# Exercise Program Schedule NOVEMBER 2023

TUESDAYS	THURSDAYS	FRIDAYS
10:00am General Class	10:00am General Class	3:00pm Gentle Fit
3:00pm Gentle Fit	1:30pm Lunge n' Lunch	

➤ The above groups are only offered remotely at this time. Participants may join via ZOOM or telephone.



OR



➤ See Lunge n' Lunch Flyer for more information about the group



**REGISTRATION IS REQUIRED.**

Call: 416-246-2388 OR Register online:

[www.bcchc.com/group-programs-registration](http://www.bcchc.com/group-programs-registration)



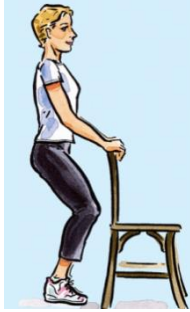


Updated Oct 13th 2023

# Frequently Asked Questions

## How Do You Join?

- ❖ Appointments may be available remotely or in-person
1. Book an individual registration appointment.
  2. Attend a follow up fitness assessment.
  3. Join a remote exercise group OR book an individual kinesiology appointment.

## What Do We Offer?

GENTLE FIT CLASS (30-35 MIN)	GENERAL CLASS (30-35 MIN)
 <p>Participants are led through physical movements performed mostly in seated positions. Includes range of motion, body weight and/or dumbbell (or alternative weights) exercises. Low impact. Low-mod intensity.</p>	 <p>Participants are led through various physical movements mostly in standing positions. Includes cardio, stretching and strengthening exercises using body weight and/or dumbbells (or alternative weights). Low-mod impact. Mod intensity.</p>
INDIVIDUAL KINESIOLOGY APPOINTMENT	
 <p>One-on-one remote or in-person sessions focused on providing individuals with behaviour change support. Includes fitness assessments &amp; personalized discussions about motivation &amp; goal setting. Discuss how to exercise effectively to stay healthy and manage chronic conditions.</p>	



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