

Community Exercise Programs in Vernon January 2012

* Please note that schedule (day, time) can change depending on the service provider.

** Please contact the service provider for the cost of the program.

*** This list is not inclusive as there are other community programs that may be appropriate for you also.

Vernon Recreation Center 3310-37th Ave 250-545-6035 www.greatervernonrecreation.ca Recreation Programmer, Deb Treherne: DTreherne@vernon.ca			
Name	Description	Location/Time	Additional Requirements/Info
Minds in Motion	<ul style="list-style-type: none"> • For persons with early stages of Alzheimer's disease or related dementia • 45 minutes of exercise (mostly seated exercises with some basic standing balance exercises) • Social time after exercise • Attend on your own or with a friend, family member or caregiver (your support person is no charge) 	Auditorium Thursdays 10-11:30am	
Healthy Start Program	<ul style="list-style-type: none"> • Designed for those you have never participated in regular exercise or for those who are just getting started again • 45 minute exercise program • Cardio, strengthening with bands and light weights, and stretching included • Approximately 8 people per class • Ideal for persons with cardiac disease, COPD or diabetes 	Auditorium Mon and Wed	REFERRAL REQUIRED (Referral from the Interior Health Authority or Integrated Health Network. Please ask your doctor)
Osteofit 1	<ul style="list-style-type: none"> • Maximum 12-15 people • Designed to improve physical strength and balance in order to reduce future fracture risk for men and women with osteoporosis • Osteoporosis education and relaxation strategies also taught 	Halina Room Tues and Thursday 10:15-11:15am	Osteoporosis diagnosis mandatory

Name	Description	Location/Time	Additional Requirements/Info
Osteofit for Life	<ul style="list-style-type: none"> • Program intended for older adults and graduates of osteofit 1 • Maximum 12-15 people • Designed to improve posture, balance and strength • Aerobic routines which concentrate on core strength and postural exercises are included • Therabands, tubes, hand weights used and light aerobic routines included 	Halina Room Tuesday and Friday 8am-9am 9:05-10:05am	Osteoporosis diagnosis mandatory
Small group exercise for hip and knee replacement	<ul style="list-style-type: none"> • For persons who have had a total knee or hip replacement and have finished their rehabilitation with their physiotherapist • Approximately 6 people per class • Focus is on preventing tightening of muscles and increasing muscle strength for joint stability • Goal is for participants to be confident and knowledgeable in a fitness gym setting upon completion. 	Fitness Center Tues/Thurs 3:30-4:30pm	REFERRAL REQUIRED (physiotherapist or orthopaedic surgeon referral) You must be able to get up from the floor without assistance.
Yoga for Older Adults	<ul style="list-style-type: none"> • Gentle yoga postures, breathing techniques and relaxation tools are used to help you relieve stress and release tension. 	Auditorium Wed 11am-12:15pm	
Prime Time Pilates	<ul style="list-style-type: none"> • Designed to develop core strength and agility, muscle tone and body awareness • Focused, low impact exercises that will leave you worked, energized and poised. 	Auditorium Mon 10:45-11:45am	
Aquatic Exercise Therapy	<ul style="list-style-type: none"> • Ideal for men and women who would like to use water exercise to strengthen injured muscles or exercise weak, arthritic joints • Excellent for persons with a long term disability or before or after you have a surgery • People with canes, walkers or wheelchairs are welcome to attend • Caregiver free with participant if caregiver essential 	Pool Mon/Tues/Thurs 2:05-2:50pm Tues/Thurs 8:35-9:20am	REFERRAL REQUIRED (from doctor or physiotherapist) Punch pass or drop in

Name	Description	Location/Time	Additional Requirements/Info
Aqua-light	<ul style="list-style-type: none"> • Light to moderate intensity water fitness class • Little or no jumping during the class • Perfect class for people getting started in water fitness. 	Pool (shallow end) Mon/Wed/Fri 9:40-10:25am	Punch pass or drop in
Evening Aqua-fit	<ul style="list-style-type: none"> • Move, get stronger, stretch, laugh and then relax in the hot tub. 	Pool (shallow end) Tues/Thurs 7:15-8pm	Drop In only
Health Improvement Network Exercise Classes (250-503-3712) Offered at the Westbild Center 3445 43rd Ave			
Get up and Get Going Program	<ul style="list-style-type: none"> • Moderate supervision exercise program • ½ hour of self paced walking, ½ hour of strengthening • strengthening and stretching using therabands and body weight • Ideal for persons with cardiac problems, pulmonary problems or diabetes. • 15-40 participants per session 	Grand Room Tues and Thurs 2:30-3:30pm ongoing	REFERRAL REQUIRED (Doctor's referral required. Use the Health Improvement Network referral form) Monthly fee of \$10
Keep Going Program	<ul style="list-style-type: none"> • Minimal supervision exercise program • Independent walking (½ hour), 30-45 minutes of strengthening • Maintenance program for people who have finished the Get Up and Get Going program • 20-40 participants per session 	Grand Room Mon and Wed 8:15-9:15am ongoing	REFERRAL REQUIRED (Doctor's referral required. Use the Health Improvement Network referral form) Monthly fee of \$10
Cardiac Rehab Program	<ul style="list-style-type: none"> • For persons who have established cardiovascular disease and may have experienced angina, MI, PCI or CABG; for those with other forms of cardiovascular pathology (ie. HF, PVD, VR) or for those with significant risk factors for CVD • Supervised 1 ½ hour program (exercise, education) • Treadmill and/or stationary bike training plus light resistance program • 8 week program 	VJH (Physiotherapy Dept), Westbild Center Grand Room, Home based programs Tues and Thurs	REFERRAL REQUIRED (Doctor's referral required. Use the Health Improvement Network referral form)

Name	Description	Location/Time	Additional Requirements/Info
Pulmonary Rehab Program	<ul style="list-style-type: none"> • 1 ½ hour program which focuses primarily on education (ie. medication, infection, stress, breathing techniques, energy conservation, managing external environmental factors) • Many participants attend the get up and get going program along with pulmonary rehab • 4 week program • Ideal for persons with COPD • 	Grand Room Tues and Thurs 1-2:30pm	REFERRAL REQUIRED (Doctor's referral required. Use the Health Improvement Network referral form)
<p>Meridian Rehabilitation 3007 28th Ave 250-542-3089 info@meridianrehab.ca Program Instructor, Minda Chittenden: minda.chittenden@meridianrehab.ca</p>			
Exercise for all levels	<ul style="list-style-type: none"> • Focuses on flexibility, strength, balance and endurance (circuit program) • For persons with our without physical limitations • Small class which allows personal attention to individual goals, chronic conditions and limitations. 	Mon and Thurs 9:30-10:30am ongoing	Punch pass or drop in
Osteofit	<ul style="list-style-type: none"> • Designed to improve balance, agility, strength in order to reduce the risk of falling • Goal of increasing independence and confidence by educating participants about bone health and improving functional ability. • Ideal for individuals who would benefit from education on the basics of strengthening and balance training (osteoporosis diagnosis not mandatory) • 12 week program 	Mon and Thurs 10:45-11:45am	Doctor must complete a medical clearance form prior to starting.
Core Strength/Stretch 50+	<ul style="list-style-type: none"> • Circuit class that is targeted towards reducing back pain and improving posture. • 1 hour class featuring: warmup/cardio, core strength and stretching using bands, balls hand weights, AIS stretching techniques. 	Mon and Thurs 5-6pm	Participants must be able to : <ul style="list-style-type: none"> • get up from the floor • maintain a bridge and plank for a minimum of 20 seconds

Name	Description	Location/Time	Additional Requirements/Info
<p>Excel Fitness 3203 30th Ave 778-475-5622 info@excelfit.ca www.excelfit.ca</p>			
Anti-Freeze	<ul style="list-style-type: none"> • Ideal for persons with Parkinson's disease • Fun and active movement disorder 60 minute class • 3 components: cardio, functional training, stretching • Focuses on a healthy heart and overall quality of life • Specialized, modern equipment utilized (krankcycles, core pole, realryder bike) 	Tues and Thursday 11:30am	
Sit and Fit	<ul style="list-style-type: none"> • Designed for the young at heart and/or people with movement disabilities. • strengthening, balance and stretching exercises done sitting in a chair or standing by a chair • Benefits include improved mood, posture, major joint mobility, and stress relief 	Mon and Wed 1:30	
Sit and Fit basic	<ul style="list-style-type: none"> • Similar to Sit and Fit but for persons with higher needs • Entire class is done in a chair • Emphasis on toning and posture 	Schedule (TBD)	
Zumba Gold	<ul style="list-style-type: none"> • Designed for persons with little exercise experience, individuals with physical limitations or inactive older adults. • Fun class that provides a total body workout • Music uses dance moves and rhythms from Cumbia, Salsa, Merengue, Tango, Rumba, Cha-cha..... 	Fridays 1pm	
<p>Schubert Center 3505 30th Ave. 250-549-4201 http://schubertcentre.ca</p>			
Move it and Mingle for older adults	<ul style="list-style-type: none"> • 45 minutes of exercise (in or near a chair) and 1 hour of education (predetermined topic) • Ideal for anyone who is over 65 and wants to have fun and stay active • Refreshments are provided. 	Schubert Centre Tuesday 1-3pm Friday 9 -11am	\$32 for 15 sessions

Name	Description	Location/Time	Additional Requirements/Info
Taoist Tai Chi Hall 3105 28th St. 250-542-1822 vernon.bc@ttcs.org www.taoist.org			
Tai Chi Health Recovery Class	<ul style="list-style-type: none"> • Exercises done standing or in a chair • Great exercise for balance and falls prevention due to the weight shifting, reaching and coordinated movements. • Participants are directed to other tai chi classes once they have advanced beyond the recovery class (Beginner, Beginner open practice, Continuing) • All welcome 	Taoist Tai Chi Hall Fridays 10-11:30am ongoing	by donation
People Place 3402 27th Ave Call Melissa at 250-540-9177 to register			
Therapeutic Breathing Exercises	<ul style="list-style-type: none"> • Helps participants develop a deeper awareness of their breathing • Helps to bring more energy into the body and mind • Ideal for persons with COPD, asthma, allergies or heart conditions • Offered by Blue Eagle Yoga 	Room 006 at the People Place Mondays 1-2pm	by donation
Yoga in a Chair	<ul style="list-style-type: none"> • An easy to follow yoga program that is done with participants in a chair • All are welcome • No yoga experience required. • Offered by Blue Eagle Yoga 	Room 006 at the People Place Thursdays noon – 1pm	by donation

Halina Centre
Non for profit seniors centre
3310 – 37th Ave.
250-542-2877
halinaseniors@telus.net

Programs/Activities:

- Bingo
- Cards
- Carpet Bowling
- Crafts
- Dancing
- Floor Curling
- Pool & Shuffle Board
- Pancake Breakfast

Halina Centre hours are Mon-Fri 8:00am – 4:00 pm
Kitchen is open Mon-Fri 8:30-2:30pm for coffee, light lunch
and sweets.
New members are always welcome.

Schubert Centre
3505 – 30th Ave.
250-549-4201

Programs:

- Variety of dancing
- Tai Chi
- Cards and Shuffleboard
- Table Tennis
- Pool
- Crafting
- Happy Hour
- Bingo