

**8 Ladies World Fitness 250-503-2363**

Have no classes but do have personal trainers who can work with individual women to set up programs.

**9 Goodlife Fitness Club 250-545-7230**

Has several types of low-impact classes, including some flexible strength, yoga and pilates based classes, every day from Monday to Saturday, various times.

**10. Kal Fitness 250-549-1240**

Fit after 50 classes, Friday 9 am

Basic Body Moves classes, Monday and Wednesday at 9 am.

They also have personal trainers specialized in "3<sup>rd</sup> age" (seniors) who can set up programs for individuals.

**11. Interior Health North Okanagan**

No classes for older adults of the general public, only balance exercises as part of classes run by the Physiotherapy Department as part of their neuro-rehab program, under doctor's referral.



**NORTH OKANAGAN  
FALLS  
PREVENTION  
PROGRAM**

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**FITNESS PROGAMS FOR  
OLDER ADULTS IN VERNON  
OCTOBER 2009**

**A summary of fitness programs to help with  
balance and strength for older adults thereby  
preventing falls.**

Compiled by North Okanagan Falls Prevention  
Program

**1. Greater Vernon Recreation Services  
250-545-6035**

Various programs such as walking clinics, pool walking, strength training Tai Chi etc.. For costs, times and locations call directly.

**Osteofit 1 and Osteofit for Life.** For those with osteoporosis, this class focuses on strength, balance, etc. Check for times and locations) and costs with the Rec. Centre..

**Walking group.** Thursdays at noon, leaving from the Rec. Centre. No cost.

**Smart Fit- drop in program.** This focuses on endurance, balance and strength.

**Tai chi and Qi Gong.** These classes combine relaxed fluid movements with slow breathing.

**Exercise for Life.** This class is a lighter exercise class that offers the option of exercising while seated. It focuses on range of motion, flexibility and strength.

**Yoga for Older Adults.  
Gentle Yoga.**

**2 Vernon Recreation Centre Pool programs**

**AquaTherapy,** Monday 2:05 -2:50, Tuesday 8:30-9:15 or 2:05-2:50, Thursday 8:30-9:15 or 2:05-2:50.

**3. Vernon Recreation Centre Fitness Gym  
Beginner Strength Training**

**Other classes** as well and also open gym time. They have personal trainers who are specialized in “3<sup>rd</sup> age” (seniors), who can set up individual programs. Cost is \$4.50 drop in or 10 times pass \$40.50.

**4. Halina Senior’s Centre 250-542-2877**

There are no specific fitness classes on their program but carpet bowling, dancing and shuffleboard are part of their weekly schedule.. Call

**5. Schubert Centre Society 250-549-4201**

**Tai Chi** class for those with some experience in this art form are held Mondays and Thursdays .

**Other active programs,** not specifically fitness classes, are shuffleboard, carpet bowling, line dancing, square dancing and other dancing.

**6. Taoist Tai Chi Society 250-542-1822**

**Beginner’s classes** are Monday and Wednesday at 10:30 am and Tuesday and Thursday at 8:45 am. The focus is on balance, strength and flexibility.

**Taoist Tai Chi Society (cont’d)**

**Health Recovery Classes** are for those recovering from strokes or heart attacks etc. or those with chronic conditions like Parkinson’s. This is on Fridays at 10:00 am and there is a level entrance at their back door.

**7. Meridian Exercise For All Levels  
250-542-3089**

This balance, strength, cardio and overall health class is held at Schubert Centre three times a week and is tailored to specific needs of seniors. Call for costs and times.