



HEALTH STARTS AT HOME

VON SMART COMMUNITY EXERCISE SITES – CENTRAL WELLINGTON

Location	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Melville United Church 300 St. Andrew St. Fergus	Low		9:30AM 10:30AM		9:30AM 10:30AM		
Central Pentecostal Church 7674 Colborne St. Elora	Moderate		1:00pm		1:00pm		
Highland Manor 110 Belsyde Ave E, Fergus	Low		9:45am		9:45am		
Heritage River 25 Wellington Dr. Elora			10:45am		1045am		
Caressant Care Fergus 450 Queen St. E		2:30pm		2:30pm			
Or view classes on TV Wightman Telecom Channel 6	Low Med High	9AM Falls Prevention	7 AM 8 AM 9 AM	9AM Falls Prevention	7 AM 8 AM 9 AM	9AM Falls Prevention	7 AM 8 AM 9 AM

For more specific or additional Information on any of the sites, please contact **Kelly Gee** at the VON office at 519-323-2330 ext. 4954. If interested in attending any of the * classes, these buildings are secured from non-residents. Therefore, please contact the following individuals prior to attending to warrant entrance.

- Danielle Dawkins SMART Admin Assistant 519-803-0144 or by email Danielle.Dawkins@von.ca
- Kelly Gee, SMART Supervisor at (519) 323-2330 ext. 4954 or by email kelly.gee@von.ca

Check out the website www.vonsmartexercise.com or on Facebook VON SMART Exercise Wellington County



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Intensity Descriptions

Low: This program is suitable for clients who may not have exercised before or have not exercised in a long time, or for clients who have recently completed the SMART In-Home or Fab Fit program. Most of the exercises are performed in a seated position.

Moderate: This class is suitable for clients that are used to being physically active. Most of the exercises are performed standing but likely use a chair as a stability aid.

High: This program is suitable for clients that have good mobility and are used to exercising. Exercises are typically performed while standing and are not required to use a chair for a stability aid, although chairs are always available.

Disclaimer: *The SMART program is designed so that any participant can attend any of the sites if most convenient for them as it can be modified for all different levels. These intensities are simply guidelines for the average participant attending the class. Any participant can sit for the entire class. All instructors offer the option of sitting to each of the participants in each class. We never want to put limits on any participants, and we believe that if a participant walks into the class they should be able to exercise standing or at least do some of the exercises standing. SMART classes always offer chairs to be used as a base of support or for someone to sit in for either portion of the class or the entire class if that is how they feel most comfortable exercising.*