



HEALTH STARTS AT HOME

VON SMART COMMUNITY EXERCISE SITES – NORTH WELLINGTON

Location	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Mount Forest Legion 140 King St. W.	High	10:30am		10:30am		10:30am	
Holstein Credit Union Building- 123273 South Gate Road N. (Pavilion in the summer 392057 Grey Road 109)	Moderate	9:00am			9:00am		
Dundalk Arena 550 Main St. E Dundalk		11am			11am		
Palmerston United Church – 215 James St.	Moderate /High		9:00am			9:00am	
Drayton Reformed Church – 72 Wellington St. S	Moderate /High	9:30 am		9:30am		9:30 am	
Clifford United Church – 11 Allan St. East	Moderate /High	9:00 am		9:00am		9:00am	
Harriston Knox Presbyterian Church -135 Elora St. South	Low/ Moderate		10:45am		10:45am		
Arthur Senior Centre – 242 Isabella St. E	Moderate			10:00am		10:30am	
Birmingham Lodge - Residents Only	Low	10am		10am		10am	
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**.



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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. 4964 or by email at kelly.gee@von.ca

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

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.*