



HEALTH STARTS AT HOME

VON SMART COMMUNITY EXERCISE SITES

Location	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Melville United Church 300 St. Andrew St. Fergus	Low		10:30AM		10:30AM		
169 Gordon St. Fergus *	Low/ Moderate	2:00 pm				2:00pm	
Central Pentecostal Church 7674 Colborne St. Elora			1:30pm		1:30pm		
Hyland Manor 110 Belsyde E Fergus	Low	10:15am		10: 15am		10:15am	
Caessant Care Fergus *	Low	9:15am		9:15am		9:15am	
Heritage River Retirement Residence	low	10:30am		10:30am		10:30am	
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.*

**Kerri Williamson Senior Support Worker at (226) 343-2720*

Kelly Gee, SMART coordinator at (519) 323-2330 ext. 4954 or by email kelly.gee@von.ca



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Intensity Descriptions

Low: This program is suitable for clients who may not have exercised before, 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 has the opportunity to sit for the entire class for any. All instructors offer the option of sitting to each of the participants 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 a base of support or for someone to sit in for either portions of the class or the entire class if that is how they feel most comfortable exercising.



CANADA

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