



HEALTH STARTS AT HOME

# VON SMART COMMUNITY EXERCISE SITES

Location	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday
Riverside Glen – 60 Woodlawn Rd E	Moderate	1:30pm		1:30pm		1:30pm
Silver Creek Parkway – 208 Silvercreek Pky N Ring Doorbell	Moderate		11:00 am		11:00 am	
Royal on Gordon – 1691 Gordon St.	Low	9:30 am 9:30am		9:30am		
Stone Lodge – 165 Cole Rd ***	Low	2:00		2:00		3:00pm no class first Friday of the month
Somerset Glen – 25 Somerset Glen	Moderate	3:15pm				3:15pm
Guelph Lake Commons – 520 Victoria Rd N**	Low	9:30am		9:30am		9:30am
Arbor Trails –32 Bayberry Dr.	Moderate	10:00am		10:00am		10:30am
Arbor Trails – 32 Bayberry Dr.	Low	10:55 am		10:55 am		
Priory Park Baptist Church -8 Torch Lane	Moderate			11:30am		11:30am
St. Joe’s Condos- 100 Westmount Rd. **	Moderate	2:00pm		2:00pm		2:00pm
River of Life International 40 Margaret St.	Moderate			1 pm	1pm	
Duffs Presbyterian Church 319 Brock Rd (by 401) Guelph	Moderate		9:30am		9:30am	

*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.*

*\* Kelly Gee, SMART coordinator at (519) 323-2330 ext. 4954*

## 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.*