



HEALTH STARTS AT HOME

VON SMART COMMUNITY EXERCISE SITES

Location	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Mount Forest Curling Club 144 Egremont St.	Moderate	3:00 pm			3:00pm		
Mount Forest Legion 140 King St. W.	High		1:30 pm			10:30am	
Dundalk Arena – 550 Main St. Dundalk	Moderate	11:30am			11: 30am		
Clifford United Church – 11 Allan St. East	Moderate/ High	9:00 am		9:00am		9:00am	
Conestoga Estates Moorefield/Drayton	Low/ moderate	11:00am				11:30am	
Palmerston United Church – 215 James St.	Moderate/ High		9:00am			9:00am	
Palmerston United Church – 215 James St.	Low		10:15am			10:15am	
Drayton Reformed Church – 72 Wellington St. S	Moderate/ High	9:30 am		9:30am		9:30 am	
Holstein Credit Union Building- 123273 South Gate Road N.	Moderate	9:00am				9:00am	
Hometown Living 294 Elora st. - Harriston	Low		11:00pm		11:00pm		
Harriston Caressant Care 24 Louise St. Harriston	Low		12:30pm		12:30pm		



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Arthur Caressant Care -215 Eliza St.	Low		9:15am		9:15am		
Or view classes on TV Wightman Telecom Channel 6	Low Med High	9AM Falls Preventi on	7AM 8AM 9 AM	9AM Falls Preventio n	7AM 8AM 9 AM	9AM Falls Preventio n	7AM 8AM 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.*

**Stephanie Warner Senior Support Worker 519-362-8490*

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

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



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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.