



Fairview
SENIORS COMMUNITY

515 Langs Drive Cambridge N3H 5E4

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2021 Fitness Room and Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00am	Fitness Room Open 8am-11am	Fitness Room Open 8am - Noon	Fitness Room Open 8am-11am	Fitness Room Open 8am - Noon	Fitness Room Open 8am-11am	
9:00am						
10:00am						
11:00am	Forever Young Strength 11:15-noon	Chair Yoga 11:15-noon	Fairview Fit 11:15-11:45	Chair Yoga 11:15-noon	Fairview Fit 11:15-11:45	
1:00pm	Fitness Room Open 1pm-4pm		Fitness Room Open 1pm-4pm	TRX 1:00-1:45	Fitness Room Open 1pm-3pm	TRX 1:00-1:45
2:00pm			Drum Jam 2:00-3:00	Yoga 2:00-2:45		
3:00pm						

All classes run in the Auditorium, 2nd floor. New fitness room is on the 1st floor.

Fitness Program Descriptions

Chair Yoga: Enjoy all the benefits of yoga from the comfort of your chair. Help your physical, mental and emotional wellbeing by connecting your body, mind and spirit.

Drum Jam: Drumming is an energizing and uplifting workout that is loads of FUN! Sit or stand while you drum to the beat. No music experience is required.

Fairview Fit: This lower-intensity class has opportunity for some standing exercises but the entire class may be done sitting. Combination of cardio, range of motion and light resistance ex's.

Fitness Room: Appointments are highly recommended. Drop-In is available if attendance is below capacity. Fully supervised with a variety of strength and cardio equipment.

Forever Young Strength: Get your muscles toned and strong during this total body resistance class. Variations in exercises are provided to accommodate everyone.

Keep Fit: This class will help improve your endurance, strength, flexibility and balance. Moderate-intensity exercises predominantly instructed while standing but variations available

TRX: AKA: Total Body Resistance Exercise. Strengthen your body by using secure, canvas straps attached to the wall while you progress through instructor-led movements.

Yoga: This class offers traditional yoga poses in standing and floor postures. We have mats available or bring your own. This is an exceptional way to wind down the week.

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