



Fairview
SENIORS COMMUNITY

515 Langs Drive Cambridge N3H 5E4

519-653-5719 EXT 4605

2024 Fitness Room and Class schedule

fitness@fairviewmh.com

	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	Forever Young Strength 10:00-10:45	Keep Fit 9:45-10:45	Fairview Fit 11:15 - 11:45am	Keep Fit 9:45-10:45	Fairview Fit 11:15-11:45am	
11:00am	Fairview Fit 11:15-11:45					Chair Yoga 11:00-11:45
1:00pm	Fitness Room Open 1pm-4pm		Fitness Room Open 1pm-4pm		Fitness Room open 1pm-3:30pm	
2:00pm					TRX 1:00-1:45	TRX 1:00-1:45
3:00pm					Drum Jam 2:00-3:00	Yoga 2:00-2:45

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.

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

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.

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

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.

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.

Walking Group: Meet in the apartment lobby for this outdoor program. Walking poles are available if desired. The pace will match the group and conditions. Dress for the elements.

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.

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.