

LOW IMPACT RESISTANCE TRAINING

AZRIELI ADULT LEISURE PROGRAMS

2021 WINTER-SPRING SESSION



Exercise is essential to maintaining a healthy body, particularly during these tricky COVID times. Karina Milech, a Canfit Pro Certified personal trainer and group fitness trainer, will be offering a 60 minute slow paced workout that mirrors movements that we all do in our everyday lives, such as, pushing, pulling, squatting, lunging, lifting, and twisting. This class is a beginner- intermediate level. It includes a dynamic warm up, a static cool down stretch, and great music! A lot of variations and movement modifications are offered as well. No equipment is needed, other than a chair and a mat/towel. Just bring you - and a lot of water! www.karinaem.com/services

*Participants must have access to a computer to join this activity. Links/invitations will be sent out by the animator, on a weekly basis, and by a specific day before the scheduled activity.

THE OBJECTIVES OF THE LOW IMPACT RESISTANCE TRAINING:

- To help participants develop a level of awareness of their physical abilities
- To have an opportunity to be physically active from the comfort of their own homes
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATING IN LOW IMPACT RESISTANCE TRAINING:

- Participants will be 18 or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.

SCHEDULE:

- The Low Impact training group will be offered on Fridays from 1-2 pm, beginning February 5, 2021, for 20 weeks, until Friday, June 18, 2021.
- Another group will be offered on Saturdays from 2-3 pm, beginning on February 6, 2021, for 20 weeks until Saturday, June 19, 2021.
- This group will need a minimum of 5 participants and a maximum of 10.
- There will be no groups on the following days:
 - March 27 and 28 – Passover
 - April 2, 3, 4 and 5 – Easter
 - May 22, 23, and 24 – Victoria Day

POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 20, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION:

Nina Chepurniy: Tel. 514.345.8330 ext. 203 | ninac@goldlearningcentre.com