



# WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION

**VIRTUAL  
50 MINUTES**



## MONDAY

Code	Class	Language	Time	Instructor
61072 A	Gentle Fitness		9:00 AM	Crystal Chow
61022 A	Qigong Practice		10:30 AM	Foulata Lee
61102 A	Gentle Fitness	Eng/Chi	11:30 AM	Kay Leung
61025 A	Qigong Practice		1:30 PM	Anissa Ho
61118 A	Qigong Practice		2:30 PM	Brenda Ho
61043 A	Cardio Exercise	English	2:15 PM	Sepideh Tehran
61041 A	Taichi Practice		2:30 PM	Anissa Ho

## TUESDAY

Code	Class	Language	Time	Instructor
72017	Falls Prevention		9:00 AM	Crystal Chow
61072 B	Cardio Exercise		10:00 AM	Crystal Chow
61023 A	Qigong Practice		10:00 AM	Henry Chan
61023 B	Qigong Practice		11:00 AM	Henry Chan
61102 B	Gentle Fitness	Eng/Chi	11:30 AM	Kay Leung
61024 A	Qigong Practice		1:30 PM	Anissa Ho
61024 B	Qigong Practice		2:30 PM	Anissa Ho

## WEDNESDAY

Code	Class	Language	Time	Instructor
61073 A	Cardio Exercise		9:00 AM	Crystal Chow
72021	Falls Prevention	English	10:15 AM	Sepideh Tehran
61077 A	Gentle Fitness	English	11:30 AM	Sepideh Tehran
61103 A	Gentle Fitness	Eng/Chi	1:00 PM	Kay Leung
61025 B	Qigong Practice		1:30 PM	Anissa Ho
61077 B	Cardio Exercise	English	2:15 PM	Sepideh Tehran
61041 B	Taichi Practice		2:30 PM	Anissa Ho



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## THURSDAY

Code	Class	Language	Time	Instructor
72018	Falls Prevention		9:00 AM	Crystal Chow
61073 B	Cardio Exercise		10:00 AM	Crystal Chow
61022 B	Qigong Practice		10:30 AM	Foulata Lee
61042 A	Cardio Exercise	English	11:45 AM	Sepideh Tehran
61042 B	Gentle Fitness	English	2:15 PM	Sepideh Tehran

## FRIDAY

Code	Class	Language	Time	Instructor
61028 A	Qigong Practice		9:00AM	Henry Chan
61091 A	Gentle Fitness		9:00AM	Crystal Chow
61028 B	Qigong Practice		10:00 AM	Henry Chan
61103 B	Gentle Fitness	Eng/Chi	1:00 PM	Kay Leung



# WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION



Funded by the Ontario Health Regions (Toronto and Central), the Exercise and Falls Prevention Programs help seniors stay healthy, active and mobile. If you are 65 years old and older, you can join the classes offered free of charge in the community.

## FALLS PREVENTION

- Focuses on developing postural control and body strength through balance exercises in sitting and standing positions.
- For participants to improve their overall steadiness in their mobility.

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50 MINUTES**

## GENTLE FITNESS

- Consists of ranges of motion, strength, gentle cardio and simple balance exercises.
- For participants new to exercising and/or who are looking for a slower and gentle workout.

## CARDIO EXERCISE (HIGH INTENSITY WORKOUT)


- Combines cardio and strengthening exercises to give a full body workout
- For participants who are physically active to help improve/maintain their physical health.

If you are below 65, please contact:

- Jose Balba (email: Jose.Balba@carefirstontario.ca)
- Steve Au Yeung (email: Steve.Auyeung@carefirstontario.ca)

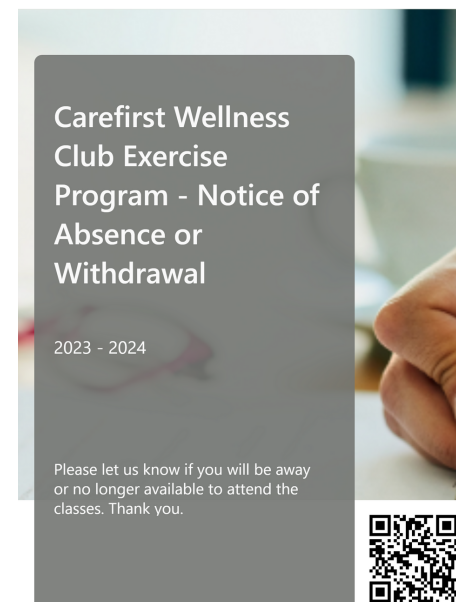


## REMINDER:

- Wear proper clothes and shoes, bring your own towel and water.
- Classes are cancelled on statutory holidays.
- Classes will be suspended due to inclement weather or other emergency.
- **Let us know if you will be away or no longer available to attend the classes.**  **CLICK LINK**

Enrolled participant residing in North York and York Region, please have your **HEALTH CARD** available and call Central Home & Community Care Support Services for assessment.

**Central HCCSS**  
**Tel: 1-888-470-2222 (English)**



**For inquiries & registration  
Carefirst Wellness Club**

**416-847-8939**

**wellness@carefirstontario.ca**