



HEALTH STARTS AT HOME
LA SANTÉ COMMENCE CHEZ SOI

CHATHAM-KENT COMMUNITY CLASSES SCHEDULE

LOCATION	INTENSITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUN-ctional Fitness at Let's Get Fit in Dresden 943 Wellington St, Dresden, ON, N0P 1M0	Moderate	10:00 AM				
SMART Circuit Training at the Active Lifestyle Centre 20 Merritt Ave, Chatham, ON N7M 6G9	Moderate-High	10:15 AM				10:15 AM
FUN-ctional Fitness at the Immaculate Conception Church *French Speaking* 24152 Winterline Road, Pain Court, ON, N0P 1Z0	Moderate	11:00 AM		11:00 AM		
FUN-ctional Fitness at the Bothwell Senior Centre 320 Main St. N Bothwell ON, N0P 1C0	Low		10:00 AM			
Parkinson's Group Exercise at the Grace Christian Reformed Church 255 Tweedsmuir Ave W, Chatham, ON N7M 3B3	Low		10:00 AM		10:00 AM	
FUN-ctional Fitness at the St. Clair College Healthplex 1001 Grand Avenue West, Chatham, ON N7M 5W4	Low		10:30 AM			
FUN-ctional Fitness at the Wallaceburg Trinity Church 750 Wellington St, Wallaceburg, ON N8A 2Y6	Moderate-High		11:00 AM			



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FUN-tional Fitness at the Ridgetown Senior Centre 19-21 Main Street West Ridgetown, ON N0P 2C0	High Low		11:00 AM		11:00 AM	
FUN-ctional Fitness at the Blenheim Senior Centre 90 Catherine St., Blenheim, Ontario N0P 1A0	Moderate		11:30 AM		10:00 AM	
FUN-ctional Fitness at the Active Lifestyle Centre 20 Merritt Ave, Chatham, ON N7M 6G9	High Low	4:00 PM	1:00 PM			1:00 PM
COPD Support Group at the New Life Assembly in Petrolia 421 Oozloffsky St., Petrolia, Ontario, N0N 1R0	Low		3:00 PM		2:00 PM	
MS Support Group at the Wallaceburg Community Health Centre 820 Dufferin, Wallaceburg ON N8A 2V4	Low	12:00 PM				10:00 AM
FUN-ctional Fitness at the Wallaceburg Senior Centre 820 Dufferin, Wallaceburg ON N8A 2V4	Moderate-High			10:30 AM	4:00 PM	10:30 AM
FUN-ctional Fitness at the Thamesville Happy Club *Every 2nd Thursday 96 London Rd Thamesville, Ontario N0P 2K0	High				10:30 AM	
FUN-ctional Fitness at the Bothwell United Church 178 Elm W, Bothwell, ON, N0P 1C0	High				11:00 AM	

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MS Support Group at the Active Lifestyle Centre 20 Merritt Ave, Chatham, ON N7M 6G9	Low-Moderate			9:00 AM		3:00 PM
FUNctional Fitness at the Morpeth Hall 12579 Talbot Trail Morpeth, ON N0P 1X0	Moderate-High	12:00 PM				

Intensity Descriptions

Low: This program is suitable for participants who may not have exercised before, have not exercised in a long time or for those individuals who have recently completed the SMART In-Home program. Most of the exercises are performed in a seated position.

Moderate-High: This class is suitable for clients that are used to being physically active and have a good understanding of structured exercise programming. Most of the exercises are performed standing but chairs may be available and used as a stability aid.

Disclaimer: *The SMART program is designed so that any participant can attend any of the sites that are most convenient for them. The class format can be modified for different levels of mobility and ability. The intensities listed above serve only as a guideline. Any participant has the option to sit for a portion of the class or the entire session.*

For more information or to determine which class is most appropriate for your exercise/physical activity goals please contact the VON SMART Program Team at 1-855-419-5200 Ext. 6239