

VON SMART WEEKLY COMMUNITY CLASSES SCHEDULE

NOTE: Participants will **register for classes** (see contact info below) and sign an informed consent and liability waiver. When necessary a physicians clearance may be required.

Classes are 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 ability/mobility.

Location	City/Town	Instructor	Time	Monday	Tuesday	Wednesday	Thursday	Friday
YMCA Windsor Studio A 3400 Grand Marais Rd E	Windsor	Michael T & Natalie R	9:00	FUNctional Fitness Level II-III (Standing)			FUNctional Fitness Level II-III (Standing)	
YMCA Windsor Studio A 3400 Grand Marais Rd E	Windsor	Andrea J & Susan B	11:15			Exercise for Acquired Brain Injury/Stroke Level I (Seated)		
YMCA Windsor Studio A 3400 Grand Marais Rd E	Windsor	Melissa K	1:30			Parkinson's Support Group Exercise Level I-II (Seated/Standing)		
Shoreline Towers 8575 Riverside Drive East	Windsor	Melissa K	9:30			Saavy Seniors Level I-II (Seated)		
Ashgrove Manor 140 Bridge Ave W	Windsor	Melissa K	10:45	Saavy Seniors Level I-II (Seated)				
Parkwood Manor 3015 Temple Drive	Windsor	Peggy X	11:00					Saavy Seniors Level I-II (Seated)
320 Village Grove Drive (community room)	Tecumseh	Michael T & Natalie R	10:30		Saavy Seniors Level I-II (Seated/Standing)			
La Chaumiere 1023 Essex Cty Rd 22	Belle River	Tricia M	12:00		Saavy Seniors Level I-II (Seated)	Saavy Seniors Level I-II (Seated)	Saavy Seniors Level I-II (Seated)	Saavy Seniors Level I-II (Seated)
Essex Nurse Practitioner Led Clinic 35 Victoria Ave #6	Essex	Andrea J	11:15		Saavy Seniors Level I-II (Seated)			
First Baptist Church 3 Fox Street	Leamington	Khrista B	10:00	FUNctional Fitness Level II-III (Standing)				
Half Century Club 160 Talbot E	Leamington	Steven B	10:30		Parkinson's Support Group Exercise Level I-II (Seated/Standing)			
St. Pauls Lutheran Church 311 Sherk St	Leamington	Khrista B	1:00	Saavy Seniors Level I-II (Seated/Standing)				
Fiore Apartments 226 Erie St S	Leamington	Khrista B	2:15	Saavy Seniors Level I-II (Seated)				
First Lutheran Church 27 Spruce St	Kingsville	Khrista B	10:00			Saavy Seniors Level I-II (Seated/Standing)		
Harrowood 1 Pollard Drive	Harrow	Marilyn S	3:00	Saavy Seniors Level I-II (Seated)			Saavy Seniors Level I-II (Seated)	Saavy Seniors Level I-II (Seated)

Classes are subject to change with little notice. To **register** for a class or for more info visit the SMART website www.vonsmart.ca or call the **VON Office 519-254-4866 Ext 6239**

