

BETTER LIVING VIRTUAL PROGRAMS

416-447-7244 EXT. 731 | www.mybetterliving.ca |
communityfitness@betterlivinghealth.org



Better Living is providing **FREE** Virtual Exercise and Falls Prevention programs for Seniors (65+)

HOW DO I REGISTER?

Please email communityfitness@betterlivinghealth.org to receive our registration link. Once our Active Living Team receives your registration consent, we will send you the password to access our virtual programs.

If you have any questions, please reach us at:

communityfitness@betterlivinghealth.org **OR** call 416-447-7244 ext 731

FALLS PREVENTION

Falls Prevention

Monday to Friday 1 PM Meeting ID 423-993-393 | [Zoom Link](#)

The Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls.

LOW INTENSITY

Gentle Yoga/Meditation (Chair-based)

Monday 5 PM

Meeting ID 851 6200 0790 | [Zoom Link](#)

Chair Yoga

Wednesday 9 AM

Meeting ID 715-574-961 | [Zoom Link](#)

Designed to help you find more energy, stay focused, bring flexibility back to your muscles and joints as well as reduce stress in your body. Take time to reconnect with your body, breath and mind.

Core and Flexibility

Monday & Thursday 10 AM

Meeting ID 884-4751-6903 | [Zoom Link](#)

Enjoy the benefits of this Core and Flexibility class that consists of standing, seated and floor stretches. You will relax and strengthen your entire body, while improving your posture.

Restorative Pilates (Chair-based)

Monday, Wednesday, & Friday 3 PM

Meeting ID 880-1678-5207 | [Zoom Link](#)

Restorative Pilates is a style of Pilates that focuses on rehabilitation and recovery. It is a low-impact method of exercise that corrects posture and aligns the body to move more efficiently.

MEDIUM INTENSITY

Building Bones & Balance

Tuesday, Thursday & Friday 9 AM

Meeting ID 852-1293-4998 | [Zoom Link](#)

Strong bones build a strong foundation and improve balance, posture and confidence in everyday activities. Bone density and muscle mass are both affected by regular weight-bearing exercise.

Hatha Yoga Flow (Floor-based)

Monday 9 AM

Meeting ID 346-482-486 | [Zoom Link](#)

This Hatha Yoga Flow practice is a great way to relieve stress, relax and unwind. Poses and transitions are linked fluidly with the breath, you will be guided through floor and strength, improve balance and release tension.

Healthy Heart & Body Balance

Tuesdays & Thursday 4 PM

Meeting ID 862-7878-3510 | [Zoom Link](#)

This easy-to-follow workout increases energy and stamina, while featuring the importance of heart health, muscle strengthening and wellness.

Pilates (Floor-based)

Thursday 5:10 PM

Meeting ID 842-2495-6751 | [Zoom Link](#)

This class will help you to increased flexibility to improve your posture and coordination.

Gentle Fitness

Monday to Thursday 2 PM & Friday 12PM

Meeting ID 303-652-518 | [Zoom Link](#)

This fitness class will focus on a circulatory warm-up, cardio, strength training as well as balance to help promote and improve flexibility and strength.

Bone Fitness

Tuesday & Friday 10 AM

Meeting ID 545-372-598 | [Zoom Link](#)

Improve bone and muscle strength in a fitness class that is filled with variety! Exercises include weight bearing, balance, strength training and those promoting proper alignment

Total Body Conditioning

Monday to Friday 11:15 AM

Meeting ID 833-6362-5076 | [Zoom Link](#)

This class provides a balance to your cardio workout and good strength training for all muscle groups. A variety of equipment is used – free weights, resistance bands, and more.

Zumba Gold

Wednesday 4 PM

Meeting ID 828-7612-8978 | [Zoom Link](#)

HIGH INTENSITY

Zumba Toning *NEW*

Friday 4 PM

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves, to create a calorie-burning strength-training dance fitness party. Using light weight maraca-like toning sticks or weights you'll work every muscle group, enhancing a sense of rhythm and co-ordination while you groove.

Stay Strong

Wednesday 10 AM

Meeting ID 923-1161-3248 | [Zoom Link](#)

This class is geared to the active older adult and features 30 minutes of moderate to vigorous cardio (aerobic) exercise to build stamina and endurance, followed by balance, muscle strength, and flexibility training. No complicated choreography but lots of familiar movements to keep you quick on your feet and breathing harder. **Part of the class will be done lying on the floor.**

WEEKLY CALENDAR

Fitness and Falls Prevention

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hatha Yoga Flow 9 A.M.	Building Bones & Balance 9 A.M.	Chair Yoga 9 A.M.	Building Bones & Balance 9 A.M.	Building Bones & Balance 9 A.M.
Core & Flexibility 10 A.M.	Bone Fitness 10 A.M.	Stay Strong 10 A.M.	Core & Flexibility 10 A.M.	Bone Fitness 10 A.M.
Total Body Conditioning 11:15 A.M.	Total Body Conditioning 11:15 A.M.	Total Body Conditioning 11:15 A.M.	Total Body Conditioning 11:15 A.M.	Total Body Conditioning 11:15 A.M.
Falls Prevention 1 P.M.	Falls Prevention 1 P.M.	Falls Prevention 1 P.M.	Falls Prevention 1 P.M.	Gentle Fitness 12 P.M.
Gentle Fitness 2 P.M.	Gentle Fitness 2 P.M.	Gentle Fitness 2 P.M.	Gentle Fitness 2 P.M.	Falls Prevention 1 P.M.
Restorative Pilates 3 P.M.	Healthy Heart and Body Balance 4 P.M.	Restorative Pilates 3 P.M.	Healthy Heart and Body Balance 4 P.M.	Restorative Pilates 3 P.M.
Gentle Yoga/Meditation 5 P.M.		Zumba Gold 4 P.M.	Pilates 5:10 P.M.	NEW Zumba Toning 4 P.M.