

ACTIVE REHAB SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri	Sat
8 - 9 a.m.	Women on Weights Razan	Healthy Heart Tooka	Healthy Heart Tooka	Healthy Heart Lauren D.	Women on Weights Razan	
	Women on Weights Lucy	Functional Training Sean	Women on Weights Lucy	Functional Training Sean	Women on Weights Lucy	
9:15 - 10:15 a.m.	Better Bones Razan	Parkinson's Movement Therapy Melanie/Tooka	Better Bones Razan	Parkinson's Movement Therapy Malanie/Dee	Better Bones Razan	Healthy Heart Matt
	Functional Training Sean		Women on Weights Tooka			
10:30 - 11:30 a.m.	Joint Replacement Ali	Joint Replacement Carla	Joint Replacement Ensieh	Joint Replacement Allison	Joint Replacement Razan	Functional Training Elika
	Advanced Joint Replacement Ensieh	Parkinson's Movement Therapy Melanie/Ali		Parkinson's Movement Therapy Melanie/Ali	Advanced Joint Replacement Ensieh	
11:45 a.m. - 12:45 p.m.	Joint Replacement Ensieh	FAME for Stroke Lyndsay	Parkinson's Movement Therapy Tooka/Sean	FAME for Stroke Lyndsay	Metabolic Health and Weight Loss Lauren	Parkinson's Movement Therapy Sean/Eric
			Well Balanced Level 1 Annie			
		Cancer Thrivers Helmy	Strength for Stroke Dee	Better Bones		
		Strength for Stroke Lauren D.				
1 - 2 p.m.	Well Balanced Level 1 Annie/Isabel	Pulmonary Rehabilitation Ensieh	Well Balanced Level 1 Annie/Tooka	Pulmonary Rehabilitation Ensieh	Well Balanced Level 1 Annie/Devin	
	Joints in Motion Ali		Joints in Motion Lauren D.		Joints in Motion Ali	
2:15 - 3:15 p.m.	Well Balanced Level 2 Annie/Ali	GLA:D Lauren D.	Well Balanced Level 2 Annie/Ali	GLA:D Lauren D.	Well Balanced Level 2 Annie/Devin	
	Chronic LBP Ensieh	Joints in Motion Ali	Chronic LBP Ensieh	Joints in Motion Ali	Chronic LBP Ensieh	
3:30 - 4:30 p.m.	Joint Replacement Ensieh	Better Bones Ali	Joint Replacement Ensieh	Better Bones Ali	Joint Replacement Ensieh	
6 - 7 p.m.		Women on Weights Michael		Women on Weights Michael		

■ Rehab Studio
 ■ Weightroom Studio
 ■ West Vancouver Community Centre

ACTIVE REHAB PROGRAMS

Better Bones

Did you know that one in three women and one in five men will suffer a fracture due to Osteoporosis? Increase/maintain bone density, get your balance in check, and improve flexibility for less restricted movement.

Cancer Thrivers

Experience the benefits of fitness and learn ways to incorporate activities into daily living through weekly fitness and yoga classes! Increase physical function, improve psychological outcomes, and increase your quality of life in a program designed to promote health, strength, and recovery.

Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain? Does your pain prevent you from being active? Learn exercises to correct form, alleviate pain, and reduce the likelihood of reoccurring pain.

FAME for Stroke

Improve overall mobility, build lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. Fitness and Mobility Exercise Program (FAME) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking abilities.

Strength for Stroke

Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. The strength for stroke program is geared towards high functioning stroke survivors.

Functional Training

Whether you are looking to increase muscular strength, improve aerobic capacity, recover from injury, or improve function for lifestyle or sport in a safe and supervised setting, our qualified kinesiologists and personal trainers will work with you to achieve your health and movement goals.

GLA:D® Canada

Join us for an education and exercise program that has helped thousands of people with hip and knee osteoarthritis (OA) manage symptoms of pain and loss of function. GLAD® offers an evidence-based approach that works in the real world!

Healthy Heart

Build on your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind. Your physician's approval is required to participate in this safe and supervised environment.

Joint Replacement

Whether you're preparing for surgery or finishing physical therapy, our Pre- and Post-Joint Replacement class will help get you back on your feet and resume your active lifestyle with a program designed by our certified trainers.

Metabolic Health & Weight Loss

Did you know that exercise can help improve your body composition, reduce complications from diabetes, lower risk of heart disease, improve blood sugar levels, improve blood fats levels, and improve blood pressure? Join our exercise physiologist and develop a individual plan to improve your health, fitness, and well-being.

Osteoarthritis Joints in Motion

Building on the exercises and education

taught in GLA:D Canada, Osteoarthritis Joints in Motion is a continuation for participants that have completed the GLA:D program.

Parkinson's Movement Therapy

Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility through movement and exercise.

Pole Walking

Learn to stretch out your stride, steady your gait, and stand a little taller with pole walking! Embark on a guided walk with instructions on proper pole techniques and improve your fitness, balance, and well-being.

Pulmonary Rehabilitation Program

Take part in functional exercises in a group setting, including aerobic conditioning, strength training, balance, and flexibility in a safe and welcoming environment, under the instruction of a qualified staff member to ensure your safety.

Well Balanced

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs? Increase your confidence while strengthening and stretching your stabilizing muscles, improving your posture, and staying 'well balanced' in a small group setting!

Women on Weights

Expect all the benefits of our customized strength & conditioning program, designed with the female clientele in mind! An initial consultation is required for all new participants.