

## YOGA

Gentle yoga stretches are appropriate for seniors of all ages and ability levels. This 60-minute fitness class incorporates a variety of exercises to improve strength, flexibility and balance.

\*call for available class times

## PERSONAL TRAINING - EXERCISE PROGRAMS TAILORED TO YOUR NEEDS!

Individual or small group sessions (max. three persons) with a personal trainer aimed to improve exercise technique, manage weight, and improve any or all areas of fitness.

## FITNESS ASSESSMENTS

Prior to joining an exercise program at the CCAA it is necessary to complete a Fitness Appraisal which will measure various components of fitness.

Fitness Appraisals are also available for non-CCAA participants at a fee of \$45

The Canadian Centre for Activity and Aging  
is a research and education centre within the  
Faculty of Health Sciences at The University of  
Western Ontario.

Leaders in Physical Activity and Aging:  
From Research to Action

# EXERCISE PROGRAMS FOR OLDER ADULTS

2011-2012

## FEES

Membership includes an annual fitness appraisal.

Monday, Wednesday & Friday  
12 months = \$407.23 + HST  
10 months = \$340.19 + HST

Tuesday & Thursday  
12 months = \$288.16 + HST

Get Fit for Active Living = \$150 + HST

For more information about The Canadian Centre for Activity and Aging or our programs:

Visit us at  
[www.ccaa-outreach.com](http://www.ccaa-outreach.com)  
[www.uwo.ca/actage](http://www.uwo.ca/actage)

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Email  
[ccaa@uwo.ca](mailto:ccaa@uwo.ca)

Address  
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# LEADERS IN PHYSICAL ACTIVITY AND AGING

## OUR MISSION:

To develop, encourage  
and promote an active,  
healthy lifestyle for Canadian  
adults that will enhance the dignity  
of the aging process.

The exercise programs at the CCAA were developed as model programs for older adults. Memberships are available for 10-month or 12-month durations. All classes are led by certified Seniors Fitness Instructors. Participants must be 55 years of age or over. Classes may include the following components of fitness:

- Cardio respiratory exercise
- Muscle strength, endurance and power training
- Functional fitness training
- Balance and flexibility training

### *GET FIT FOR ACTIVE LIVING*

An eight-week education and exercise program to motivate older adults to engage in a more active lifestyle.

\*call for available class times

### *COMBINED FITNESS*

A 75-minute group exercise class including accelerated walking or other cardiovascular activity, strength training, flexibility and balance training.

\*call for available class times

### *STRENGTH TRAINING*

A 60-minute program that uses a combination of weight equipment, handheld weights and resistance tubing (this program should be supplemented with independent cardiovascular activity).

Mon, Wed, & Fri: 9:05 a.m. - 10:05 a.m.

10:35 a.m. - 11:35 a.m.

Tue & Thu: 8:45 a.m. - 9:45 a.m.

### *DYNAMIC BALANCE*

A 60-minute group exercise class for the semi-independent adult. This class is designed to improve overall fitness with special attention to balance. Includes cardiovascular activity, strength and flexibility training.

Tue & Thu: 11 a.m. - 12 p.m.

### *COLD (CHRONIC OBSTRUCTIVE LUNG DISEASE)*

A 90-minute group exercise class designed for persons with pulmonary disease.

Tue & Thu: 1:10 p.m. - 2:40 p.m.

### *OSTEOPOROSIS*

A 75-minute group exercise class including all components of fitness. Offered to those who are at risk for, have been diagnosed with, or have fractured due to osteoporosis.

Mon, Wed & Fri: 11:15 a.m. - 12:30 p.m.

