

This is a community program sponsored by the Barry's Bay and Area Senior Citizens Home Support Services in partnership with Rainbow Valley Community Health Centre. Please call 613-757-2827 during office hours and ask for Kathy for more information.

Sessions will be lead by Certified Senior Fitness Instructors through the Canadian Centre for Activity and Aging with assistance from community volunteers. The certification is recognized by the International Coalition for Aging and Physical Activity (ICAPA) and the World Health Organization (WHO) and enables instructors to work with individuals that have a variety of special conditions, including arthritis, diabetes, heart disease, stroke and osteoporosis."



**IMAGINE
FEELING GREAT!**

Adult Fitness Program



Mondays and
Wednesdays at 10
am at the Killaloe
Lions Hall

(Starting Mondays
January 11th and
Wednesdays January
13th)

Imagine Feeling

Great!

Join us

for an

Adult

Fitness

Program at the Killaloe

Lions Club

Bring gym shoes and wear
comfy clothes.

No cost to participants

however donations happily
accepted.



First and last sessions will
include functional
assessments (pre and post
exercise program).

About The Program

Each class covers the following
components:

- Warm-up
- Cardiorespiratory Endurance
- Cool-down
- Muscle Strength and
Endurance
- Stretch

Imagine Feeling Great Instructors
must complete:

- A 36-hour Seniors' Fitness
Instructor Course through the
Canadian Centre for Activity
and Aging
- Annual Refreshers
- CPR and AED
training
- Recertification
every two years

