

# MAY 23 KICK OFF EVENT

JOIN US TO CELEBRATE THE START OF OUR PARTICIPATION CALENDAR OF EVENTS

9:30- 10:15AM STRENGTHEN AND STRETCH GENTLE FITNESS CLASS WITH JULIE FROM FULL CIRCLE FITNESS

10:30AM -12PM FIRST AID BASICS: CARING FOR YOUR LOVED ONE IN AN EMERGENCY WITH KIM FROM PMTE

LOCATION: THE TRACK EVENTS CENTER, 333 BOULDER CREEK DR. LANGDON

REFRESHMENTS WILL BE PROVIDED



CONTACT JULIE MEIER FOR MORE INFORMATION AND TO REGISTER  
FULLCIRCLEYYC@GMAIL.COM  
403-703-6417

# ACCESSIBLE FITNESS FOR ALL

JOIN US FROM MAY 23 TO JUNE 26 FOR SOME AMAZING, FREE FITNESS CLASSES IN LANGDON

Are you a senior looking for gentle fitness options?

Are you living with a disability in need of adaptive fitness options?

Do you have mobility issues?

These classes are for you!



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## Event Description

You will be entered into a draw for each class you attend - prizes awarded at our wind up event on June 26.

Your participation will be logged for our group ParticipACTION minutes.

### Yoga for Every Body

Join us for an inclusive, chair-based yoga class. Participants of all abilities will be encouraged to explore at their own pace.

### Inclusive Dance

Move to the music in this groovy class, designed for all levels of mobility and fitness

### Stroll and Roll

Join us for a walk in the park! Includes warmup and cool down stretches. Those who use mobility aids and their caregivers are welcome to attend.

### Balanced Fitness

This gentle fitness class focuses on foundational balance and strength moves, and is appropriate for those with mobility limitations.

### Pickle Ball for All

Learn the basics of pickle ball with this instructional class, including appropriate warm up and cool down stretches, and adaptive options for those with lower mobility



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