

2022 Charity Challenge

ALTERNATIVE TO WHEELING

WEEK 01

MONDAY, MAY 30

3:30 PM - LD AND MARNEY GET WILD DANCE CLASS



TUESDAY, MAY 31

12 PM - WORKOUT WITH JASMIN



4 PM - PARC BOOTCAMP CHAMPS



WEDNESDAY, JUNE 1

12 PM - CONNECTRA ADAPTIVE CHAIR YOGA WITH BOBBIE



THURSDAY, JUNE 2

12 PM - CONNECTRA ADAPTIVE FITNESS WITH MEGAN WILLIAMSON



SATURDAY, JUNE 4

5 PM - PARC ZOOMBA



DIFFICULTY RATING

★ easy- you got this!

★★ some difficulty - let's go!

★★★ medium - hang in there!

★★★★ hard - get ready to sweat!

★★★★★ extra hard - ROCKSTAR!



HOW DOES IT WORK?

To complete 5 km pick 5 activities and do at least 15 minutes of that workout.

Or, set your own fitness goal and choose your activities!

Learn more about the SCI Physical Guidelines here.

WEEK 02

MONDAY, JUNE 6

11 AM - PARC SETS FOR SUCCESS



WEDNESDAY, JUNE 8

11 AM - MARNEY'S HOME GYM



THURSDAY, JUNE 9

11 AM - WESTCOAST WHEELCHAIR ADAPTIVE BOXING



5 PM - PARC HIIT AT HOME



FRIDAY, JUNE 10

1 PM - GET WILD DANCE PARTY



SATURDAY, JUNE 11

5 PM - PARC ZOOMBA



Password to join: 818

2022 Charity Challenge ALTERNATIVE TO WHEELING

WEEK 03

MONDAY, JUNE 13

3:30 PM - LD AND MARNEY GET WILD DANCE CLASS



TUESDAY, JUNE 14

4 PM - PARC BOOTCAMP CHAMPS



WEDNESDAY, JUNE 15

12 PM - CONNECTRA ADAPTIVE CHAIR YOGA WITH BOBBIE



THURSDAY, JUNE 16

12 PM - CONNECTRA ADAPTIVE FITNESS WITH MEGAN WILLIAMSON



FRIDAY, JUNE 17

1 PM - GET WILD DANCE PARTY



SATURDAY, JUNE 18

5 PM - PARC ZOOMBA



WRAP PARTY!

Celebrate your achievements with us at an online Wrap Party on June 24 at 6 pm!

There'll be fun and games, and even a few prizes to give away!

NEED SOME HELP?

We've got you covered!

Just email Teri at tthorson@sci-bc.ca if you have any questions or need a little bit of help to get started.



WEEK 04

MONDAY, JUNE 20

11 AM - PARC SETS FOR SUCCESS



WEDNESDAY, JUNE 22

11 AM - MARNEY'S HOME GYM



12 PM - CONNECTRA ADAPTIVE CHAIR YOGA WITH BOBBIE



THURSDAY, JUNE 23

11 AM - WESTCOAST WHEELCHAIR ADAPTIVE BOXING



5 PM - PARC HIIT AT HOME



FRIDAY, JUNE 24

1 PM - GET WILD DANCE PARTY

