


ONLINE PHYSICAL ACTIVITY DETAILS:

December 2024

*All Times are in PST

Legend:

 Good Cardio

 Low Impact

New for December!

*Holiday Schedule Reminder: Check updates below each class

*Scotty Shoulder Class is BACK!!!! — Mondays 1-2pm (Online)

*BORP Classes — Have a week free trial, then you need a subscription

—> Subscription info here <https://www.borp.org/membership/>

MONDAY:

8am-9am Seated Adaptive Yoga  **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Matthew Sanford**

Intensity: Low Intensity 

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

11am-12pm Set for Success 🌱

(PARC)

***No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Elijah Sun**

Intensity: Low Intensity 🌱

Equipment:

- Soup cans (and tote bag if soup can is too light for you)
- Open-ended resistance band (with/without hand)
- Dowel/pants

Description:

This is a 60-minute low intensity workout class for all PARC participants of all fitness levels. Sets for Success is an excellent way to get back into exercising or to supplement your existing exercise routines. If you would like to get in some light strength training and cardio work, this is the program for you!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

Zoom ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

1pm- 2pm Shoulder Stretch with Scotty 🌱

(SCI BC)

***No Class Dec. 30th**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **Scotty**

Intensity: Low intensity 🌱

Description:

Join Scotty for some stretching and deep breathing, concentrating on shoulder and mental health every Monday from 1-2pm.

Connecting Link or Registration:

<https://us02web.zoom.us/j/85962452816>

1:00-2:00pm Seated Strength & Endurance 🤖 (Gathering Strength)

****Class Oct. 14 – Dec. 16**

Website: <https://gatheringstrength.org/classes/>

Instructor: **Michelle Arington**

Intensity: Good cardio 🤖

Description:

Each FREE 1-hour class includes adapted cardiovascular and strength exercises. It also includes optional periods of high intensity interval training (HIIT), which has been shown to be beneficial in helping people build stamina and burn more fat. Participants have the option to engage in HIIT portions or keep a slower pace. Family members and caregivers are welcome to join us.

Connecting Link or Registration:

Link to register here:

<https://gatheringstrength.org/seated-stength-and-endurance/>

3-4pm [Seated Adaptive Yoga](#) 🌿 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Chris & Sarah**

Intensity: Low Intensity 🌿

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **[THE HUB](#)**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

3:30-4:30pm [Get Wild Dance Class](#) 🎉 (SCI BC)

****No Class Dec. 25th & 30th**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🎉

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify

playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

4:00-4:30pm **Sit Fit** 🧑‍🦽 💰

(BORP)

*\$20 USD Monthly Membership Required

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Nathan Perkins**

Intensity: Good cardio 🧑‍🦽

Equipment:

- With or without weights

Description:

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness!

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

TUESDAY:

7:15-8:15am **Ambulatory A. Yoga** 🧘‍♀️ **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Amy**

Intensity: Low Intensity 🧘‍♀️

Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will

find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

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9am-10am Ambulatory A. Yoga 🌿 (Mind Body Solutions)

****No Class Dec. 24th**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Bethany**

Intensity: Low Intensity 🌿

Description:

Our Ambulatory Adaptive Class is for people living with a disability who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

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10-11am Qigong & Chinese Martial Arts 🌿 \$ (BORP)

**** No Class Dec. 17th – Jan 1st**

****\$20 USD Monthly Membership Required****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Sifu Ralf**

Intensity: Low Impact 🌿

Description:

In this class we will practice a variety of classic qigong exercises followed by selected forms derived from various internal Chinese Martial Arts styles, including Taichi, Hsing Yi and Bagua and Cane self defense. Principles of posture, grounding,

intention, awareness, rotational energy, body mechanics and the Mind-Body connection will be examined and put into practice. No prior experience is required and the class can be taken in either the sitting or standing position.

Connecting Link or Registration:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

11am-12pm WWAB Boxing 🥊

(WWAB)

Instructor: **Jason Nelson**

Intensity: Good cardio 🥊

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

More intense Tues with Jason

Connecting Link or Registration:

Zoom ID: 816 2656 7119 <https://us02web.zoom.us/j/81626567119>

1:00-2:00pm Mindful Movement 🌿

(Gathering Strength)

***Class Oct. 15th – Dec. 17th**

Website: <https://gatheringstrength.org/classes/>

Instructor: **Ben Clark**

Intensity: Low intensity 🌿

Description:

This is a FREE, 1-hour class especially for people with disabilities. Family members/caregivers are encouraged to join us. It includes breathing, stretching, and gentle flowing exercises that reduce stress and build some strength.

The class is taught by Ben Clark (pictured right), who is a certified personal trainer and C7 spinal cord injury survivor. He has been teaching exercise and yoga classes for over six years. See his YouTube channel at Adapt to Perform.

Connecting Link or Registration:

Link to register here:

<https://gatheringstrength.org/mindful-movement/>

2-2:45pm Inclusive Functional Strength Training \$ **(BORP)**

****No Class Dec. 24th & 31st**

****\$20 USD Monthly Membership Required****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Intermediate

Equipments:

- Choice of no equipment, or with home equipment including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls.

Description:

Join BORG on Tuesdays at 2pm PDT for an inclusive functional strength training class. This 45 minute class will include a warm-up with stretching and mobility work, followed by an integrative strength training and core workout, and will wrap up with some breathing exercises.

This class can be performed seated or standing and can be completed at home with no equipment, or with optional various home equipment including towels, soup cans (dumbbells), resistance bands, filled water bottles (medicine balls or other kinds of balls).

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

3:30-4:30pm [Get Wild Dance Class](#) 🤖

(Connect w/ SCI BC)

****No Class Dec. 25th & 30th**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🤖

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

WEDNESDAY:

8am-9am [Seated Adaptive Yoga](#) 🌱

(Mind Body Solutions)

****No Class Dec. 25th & Jan. 1st**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Sarah & Angelique**

Intensity: Low Intensity 

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

11am-12pm Functional Flow 

(PARC)

****No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Chris Lee**

Intensity: Low impact 

Equipment:

- Weights (dumbbells, soup can) & Dowel
- Open-ended resistance band

Description:

In this class, we focus on releasing tension through gentle to deep stretching and learn how to use our breath to help relax both the body and mind. We add some light functional exercises to build strength and flexibility and improve the overall function of your body.

Connecting Link or Registration:

Zoom link: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID

(348-669-6948) when prompted.

12-1pm **Adaptive Chair Yoga** 🌿

(ConnecTra)

****No Class Dec. 21st – Jan. 1st**

Website: <https://connectra.org/events/>

Instructor: **Bobbie Seale-Cobisky**

Intensity: Low Intensity 🌿

Description:

This accessible Chair Yoga class will weave together practical breathing techniques with sensitively taught yoga postures and movements to meet the needs of all participants.

Please note that this live event will be recorded and streamed to Facebook and YouTube, where it will remain available for our community to enjoy after the session has ended. Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

Link to register here:

https://us02web.zoom.us/meeting/register/tZMvd-igpzktGNYUPwFdZLuf4yK04RMM_Hc3?_xzm_rtaid=ZEv5RMZLTtux3qZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5&_xzm_rhtaid=829

1-2pm **Seated Cardio & Core** 🧑‍🦽

(Gathering Strength)

****Class Oct. 16 – Dec. 18**

Website: <https://gatheringstrength.org/classes/>

Instructor: **Ben Clark**

Intensity: Good cardio 🧑‍🦽

Description:

Each class includes adapted cardiovascular exercises utilizing the upper body with a focus on the core. It is perfect for people who use wheelchairs, people with SCI, and anyone who prefers to exercise while seated. Family members and caregivers are welcome to register and participate too.

It is led by Ben Clark, who is a certified personal trainer with a C7 spinal cord injury. He has taught online exercise and yoga classes for 5 years. You can see his classes on his YouTube channel, Adapt to Perform.

Connecting Link or Registration:

Link to register here:

<https://gatheringstrength.org/seated-cardio-and-core/>

3:30-4:30pm Get Wild Dance Class 🥳

(SCI BC)

****No Class Dec. 25th & 30th**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🥳

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID:954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah->

[health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd](https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd)

4pm-5pm Ambulatory A. Yoga 🧘 (Mind Body Solutions)

****No Class Dec. 25th & Jan. 1st**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Wendy**

Intensity: Low Intensity 🧘

Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs

ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

5:30-6:30pm Move to the Beat! 🤖 \$

(BORP)

****No Class Dec. 18th & 25th**

****\$20 USD Monthly Membership Required****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **JaniStar**

Intensity: Good cardio 🤖

Description:

This fun, high-energy seated dance class introduces easy-to-follow choreography from a seated position done to Latin and Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Connecting Link or Registration:

REGISTER HERE:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

THURSDAY:

9-10am Seated Adaptive Yoga 🌿 **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Molly & Angelique**

Intensity: Low Intensity 🌿

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

11am-12pm **Mindful Movement** 🧘💰 (BORP)

****Class ONLY Dec. 5th & 19th (Biweekly)**

****\$20 USD Monthly Membership Required****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Low impact 🌿🧘

Equipment:

- Tennis ball or other light weight balled object, such as rolled up socks

Description:

Designed to improve everyday movement, this class incorporates visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If you're dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness!

(Suitable for low vision or blind participants)

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

11am-12pm **WWAB Boxing** 🥊 (sponsored by SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **Leo Sammarelli**

Intensity: Good cardio 🥊

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

SCI BC Peer, Leo Sammarelli has been boxing for 10 years and teaching adaptive boxing since June 2019. We're excited to announce that he's now leading an online boxing home-workout for Peers!

These workouts are designed to help with physical strength and functionality in every day life, and focus on: building core strength, cardiovascular health (adaptive Tabata), range of motion and flexibility, functional breathing, coordination and joint and muscle health. Join him and other peers online for these intense and super fun workouts!

Connecting Link or Registration:

Zoom details:

<https://us02web.zoom.us/j/83073079597?pwd=a3AwSU5scnE2cFg4SE8rR3paRTZlUT09>

Meeting ID: 830 7307 9597

Dial-in on a **landline** (telephone): call +1 778 907 2071 Canada (the local number for BC), and enter the Meeting ID when prompted: 830 7307 9597

12-1pm Adaptive Fitness

(Connectra)

****No Class Dec. 21st – Jan. 1st**

Website: <https://connectra.org/events/>

Instructor: **Julie Meier**

Intensity: Unknown ?

Description:

Add some movement to your routine with weekly Adaptive Fitness with Julie Meier. Julie hopes to pass her knowledge and passion on to others so they can live a happy and healthy life!

Julie is CanFitPro certified and has taught fitness classes for over 15 years. Specializing in older adult fitness and balance and fall prevention, Julie has had the opportunity to work with diverse populations and encourages the joy of movement for every body. Julie has completed her adaptive fitness certification through Ocean Rehab and Fitness.

Please note that this live Zoom event will be recorded and streamed to Facebook and YouTube, where it will remain available for our community to enjoy after the session has ended. Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

PLEASE REGISTER HERE:

<https://us02web.zoom.us/meeting/register/tZEsfuytpj8oHdlvGd-hm08s-jMVAwBPRz7W? x zm rtaid=ZEv5RMZLTtux3gZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5& x zm rhtaid=829>

1:00-2:00pm Adaptive Virtual Spin Class 🧑‍🦰

(PARC)

****No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Ryan**

Intensity: Good cardio 🥵

Equipment:

- Arm Cycle/Ergometer

Description:

Virtual Spin Class is a 45-minute to 60-minute exercise program that provides an excellent aerobic workout that benefits the cardiovascular system and strengthens the upper body. This class is intended for participants of all fitness levels since the intensity and duration of each spin sequence can be individualised and adjusted to your needs. Join us for this fun cardio workout!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

4:00-5:00pm H.I.T.T. at Home 🥵

(PARC)

****No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Julia**

Intensity: Good cardio 🥵

Equipment

- No equipment needed but small weights can be added if participants want an extra challenge.

Description:

This is a 60-minute high intensity boxing circuit. This program includes a warm-up, 2-20 minute sweaty circuits, and a cool-down. This cardio class is a great option for participants wanting to punch out their frustrations while feeling the burn. There is no equipment needed but small weights can be added if participants want an extra challenge.

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

4pm-450pm Seated/Mat Pilates & Breathwork (BORP)

****Class ONLY Dec. 5th**

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Liz Ann Kudrna**

Intensity: Low impact 

Equipment:

- Bed or Mat

Description:

The Adaptive Pilates Mat/Seated Class is a unique hybrid class essential for those that sit in a chair all day and are able to get up and down off of the floor or have access to a raised mat or your bed. Liz Ann will lead the class through the basic principles of Pilates, helping you to get stronger, more flexible and even to have improved coordination. Pilates also uses specific sequential breathing methods combined with intense concentration on a specific body part to create an effective exercise routine.

You will learn breathing strategies, deepen your understanding of “mind-body” and work with seated movement that focuses on lengthening the head to tail and opening and strengthening the upper body. These things can help you access your body's full capacity. You will finish her class feeling rejuvenated.

If you are unable to transfer to floor/mat/bed then you are welcome to join for just the seated portion of class. The seated portion will be at the beginning of class

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

4-5pm Seated Adaptive Yoga (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Halen & Angie**

Intensity: Low Intensity 

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will

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If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

FRIDAY:

12-1pm Contemporary Improv Dance (ConnecTra)

****No Class Dec. 21st – Jan. 1st**

Website: <https://connectra.org/events/>

Instructor: **Janice Laurence** (with All Bodies Dance Project)

Intensity: Unknown ?

Description:

Connect with the joy of movement, self-discovery, and imagination, all from the comfort of your home. Explore and improvise through movement prompts, phrases, shapes, and activities that celebrate the diversity of inclusive community dance. No experience required; everyone is welcome. Move as much or as little as you would like.

These classes are facilitated by Janice Laurence, who is a disabled dance artist, educator, and movement ambassador. Her unique dance practice includes the joyful exploration of using various mobility aids. Janice was born with the neuromuscular disease Charcot Marie Tooth (CMT) Type 1A. She enthusiastically believes that creativity, community, connections, and diversity are our strengths.

A reminder email will be sent before class begins. Participants are encouraged to have their video cameras on as much as possible and Gallery view is useful to be able to see everyone.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time.

Connecting Link or Registration:

PLEASE REGISTER HERE:

<https://us02web.zoom.us/meeting/register/tZMlf-ivqj0tGty45bzTWMU665f4VM96N8ve>

2-3pm Adaptive Virtual Spin Class 🤖 (PARC)

****No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Thomas**

Intensity: Good cardio 🤖

Equipment:

- Arm Cycle/Ergometer

Description:

Virtual Spin Class is a 45-minute to 60-minute exercise program that provides an excellent aerobic workout that benefits the cardiovascular system and strengthens the upper body. This class is intended for participants of all fitness levels since the intensity and duration of each spin sequence can be individualized and adjusted to your needs. Join us for this fun cardio workout!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

4-5pm (Fast Friday) Get Wild Dance Class 🤖

(SCI BC)

****No Class Dec. 25th & 30th**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🤖

Description:

Faster Class, Less Break Fridays!

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID:954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

SATURDAY:

8-9am Seated Adaptive Yoga 🧘

(Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Rodrigo & Angelique**

Intensity: Low Intensity 🌱🌀

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

11:00am-12:00pm Rumba 🌱🌀 💰

(BORP)

****No Class Dec. 28th**

****\$20 USD Monthly Membership Required****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Tina Verduzco**

Intensity: Low Impact 🌱🌀

Description:

Rumba with Tina is an upbeat and incredibly fun seated dance workout class for all ages and abilities! (A great class for everyone, including those who are blind or visually impaired.)

Connecting Link or Registration:

PLEASE REGISTER HERE:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2024&month=11>

4:00-5:00pm ZOOMba 🌱🌀 🤖

(PARC)

****No Class Dec. 15th – Jan. 1st**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Ryan**

Intensity: Good cardio 🥵

Description:

ZOOMba is a 60-minute dance class where we build up intensity for a great cardiovascular workout. Dancing is an amazing way to build strength and cardio in an enjoyable way. We provide modifications for movements to challenge strength and endurance. We will be dancing to songs by Michael Jackson, Queen, Whitney Houston, and more. The class is available to individuals with all abilities and no prior dance experience is required! Join us for this fantastic and fun workout, no equipment is required!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

SUNDAY:

9-10am Seated A Yoga & Meditation 🧘 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Jane**

Intensity: Low Intensity 🧘

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

Please note, our online adaptive yoga classes are intended as an offering to people who are living with a disability. For teachers, healthcare providers and practitioners interested in learning more about how Mind Body Solutions shares yoga with people of every ability, please visit our YouTube Channel called **THE HUB**. Here you will find mind-body insights, stories of transformation, adaptive yoga teaching/training videos, and actual yoga classes filmed right in our studio.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/>

9:30am Yoga with Diane 🙏

Instructor: **Diane**

Intensity: Low Impact 🌿

Description:

YOGA with Diane using the MHG zoom room for a good 45 mins. All of the routine will be performed from your wheelchair or in a seated position using a chair. Some of the poses are modified by using a yoga block, yoga strap or tie and wall. It is not necessary to have the equipment; however, it will allow for a greater stretch. Namaste!

Connecting Link or Registration:

Zoom Link:

<https://us02web.zoom.us/j/6042502000?pwd=cnBNeGJWb1N6LzN0RDZwWGc0eE41dz09>

Zoom: ID 604-250-2000 pswd 123